



Disney
ULTIMATE
PRINCESS
CELEBRATION

Princess
Play Book



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WELCOME TO THE ULTIMATE PRINCESS CELEBRATION

Disney Princess Play Book!



This collection of digital and printable activities, featuring twelve beloved Disney Princess characters and two Frozen queens, is filled with fun stories, delicious recipes, coloring sheets, and other engaging exercises to help inspire you to play like a princess!

Ready your imagination and grab a friend or a parent to join in the fun. Your next great adventure awaits!

YOUR MINI-ISLANDS

EVERYTHING THAT GROWS AND LIVES ON MOANA'S ISLAND IS CONSIDERED AN INTEGRAL PART OF HER COMMUNITY AND NEEDS CARE AND ATTENTION. MAKE YOUR OWN MINI-ISLAND! FOLLOW THE INSTRUCTIONS, GIVE LIFE TO YOUR TERRARIUMS, AND SHARE THEIR BEAUTY WITH YOUR FRIENDS AND FAMILY!

You'll Need



CLEAR GLASS VESSELS



POTTING SOIL



GLOVES



ROCKS OR PEBBLES



VARIOUS SMALL PLANTS



MOSS, SHELLS, COLORED PEBBLES



ACTIVATED CHARCOAL



SPOON OR SHOVEL



Step 1

FILL the bottom of a glass vessel with rocks or pebbles to create water drainage for the plants' roots.

Step 2

ADD just enough activated charcoal to cover the first layer: it will improve the quality of the terrarium.

Step 3

ADD enough potting soil that the plant roots will have plenty of room to grow.

TIP: REMEMBER THAT CACTI AND SUCCULENTS NEED A SPECIAL SOIL DIFFERENT FROM WHAT MOST OTHER PLANTS NEED, SO GET THE APPROPRIATE KIND!



ASK
AN ADULT
FOR
HELP!

Step 4

TAKE a plant **OUT** of its pot and **BREAK UP** the hard soil ball until you get down to the roots.

Step 5

Place the plant in the glass vessel and, using a spoon, spread the soil around it. With your fingers, make sure to **COMPACT** the soil around the base of the plant. Remember to use gloves when handling a cactus or any other prickly plant!

TIP: UNLIKE MOST HOUSEPLANTS, A TERRARIUM DOESN'T NEED TO BE SOAKED: A COUPLE OF SHOTS OF WATER SHOULD GET IT STARTED.

Step 6

DECORATE the terrarium with moss, shells, or colored pebbles! Now you can give it as a gift or place it in a bright spot in your home and **ENJOY!**



YOUR PET MEMO BOARD!

AURORA KNOWS EVERYTHING ABOUT HER FOREST FRIENDS. BE LIKE HER AND CREATE YOUR OWN MEMO BOARD TO TAKE NOTE OF ALL THAT CONCERNS YOUR PET!

If you don't have a pet, use the memo board to record information about animals you like!

You'll Need



CORK
BULLETIN
BOARD



CARDBOARD
LETTERS



ACRYLIC PAINTS,
PAINTBRUSHES



PINS
AND GLUE



SAFETY
SCISSORS,
PENCIL, RULER



CALENDAR



ROLL
OF TWINE



CARDSTOCK



DECORATIONS
(colored studs,
paper flowers,
stickers, etc.)

1. Your Pet's Name

SPELL the name of your pet with cardboard letters and **PAINT** them. When they're dry, **ATTACH** them to the top of the board with glue. If you don't have a pet, you can simply write the name of your favorite animal.

ASK
AN ADULT
FOR
HELP!

2. The Calendar

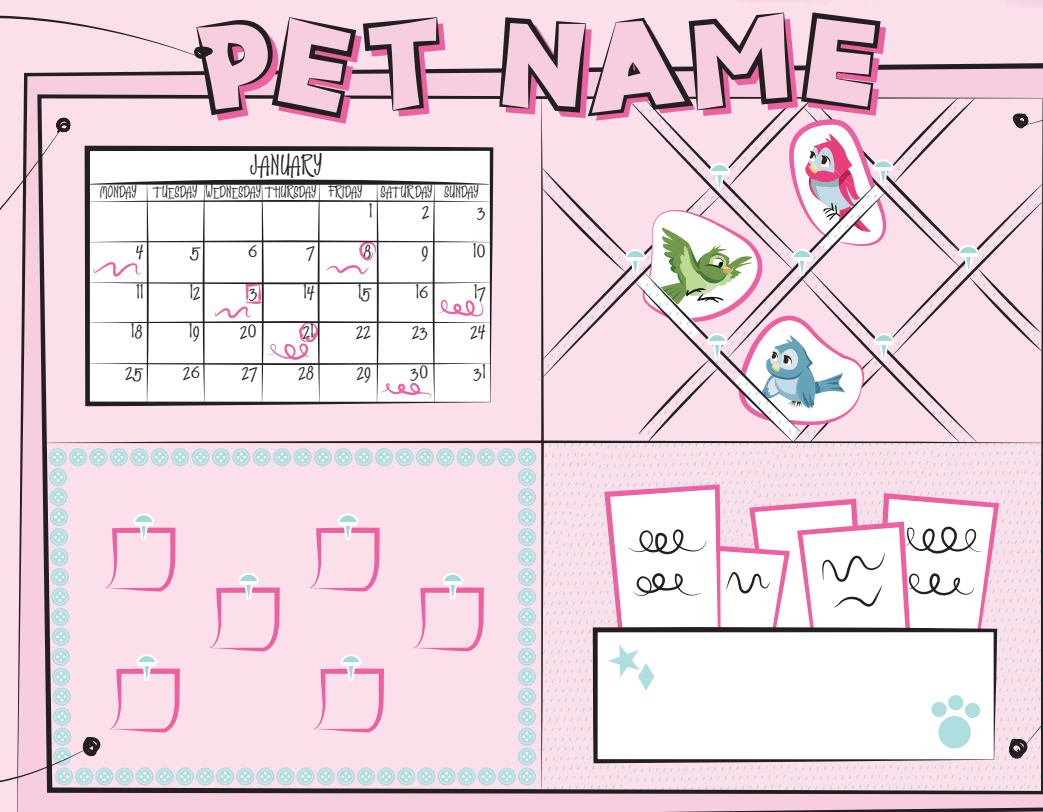
DIVIDE the corkboard into four rectangular sections with a pencil and ruler. Then **PIN** a calendar you like on the board.

USE THE CALENDAR FOR YOUR PET SCHEDULE (VACCINATIONS, BATHS, FOOD, EXERCISE, ETC.) OR TAKE NOTE OF EVENTS THAT INVOLVE YOUR FAVORITE ANIMAL!

3. Pic Grid

DRAW three slanting parallel lines on the upper right section, then three more in the opposite direction to form a grid. **MEASURE** and **CUT** six pieces of twine to the right length and **PLACE** them on the grid. **FASTEN** them with pins where they intersect.

KEEP IN THIS GRID PICTURES OF YOUR PET OR THE ANIMAL YOU LIKE!



4. Post Corner

DRAW on cardstock a rectangle the size of the lower left section and **CUT** it **OUT**. **PIN** it to the corkboard and **HAVE FUN** decorating the edges with stickers, colored studs, paper flowers, etc.

PIN IN THIS SPACE DRAWINGS OR SPECIAL NOTES INSPIRED BY YOUR PET OR YOUR FAVORITE ANIMAL!

5. Memory Pocket

CUT OUT a strip of cardstock long enough to form a pocket. **DECORATE** it with colored studs, paper flowers, and stickers and when it's ready **PIN** it to the board. Don't forget to **PIN** the bottom edge, too!

USE THIS POCKET TO KEEP THE BEST MEMORIES OF YOUR PET OR AMAZING WILDLIFE ENCOUNTERS!

ASK
AN ADULT
FOR
HELP!

Serves 6 to 8

Ingredients

2 cups milk
1 cup water
1 Tbsp butter
1 tsp salt
1 cup cornmeal
2 eggs
2 Tbsp honey
2½ tsp baking powder



SOUTHERN SPOON BREAD

AT HER RESTAURANT, TIANA SERVES UNIQUE VERSIONS OF HER FAVORITE DISHES. PUT YOUR OWN SPIN ON A SIDE DISH WITH THIS SPOON BREAD RECIPE. IT TASTES A LOT LIKE CORNBREAD, BUT IT HAS A DELICIOUS GOOEY TEXTURE THAT'S FUN TO SPOON UP AT MEALTIME.

Directions

1. Heat the oven to 375°. Butter a 2-quart casserole dish.
2. Ask an adult to help you at the stove. Heat the milk and water in a large heavy saucepan over medium heat. Turn the heat to low as soon as bubbles form against the pan (before the milk boils). Add the butter and salt, and stir until the butter melts.
3. Slowly whisk the cornmeal into the milk. Keep whisking just until the mixture thickens (about 1 minute). Remove the pan from the heat and let the cornmeal cool a bit.
4. Separate the egg yolks and the egg whites into different mixing bowls.
5. Beat the egg whites with a mixer until they are foamy and stiff, and set them aside.
6. Beat together the yolks, honey, and baking powder with a fork or whisk. Then whisk the mixture into the cornmeal. Pour the cornmeal mixture into the bowl of beaten egg whites.
7. Use a rubber spatula to gently fold the egg whites into the cornmeal.
8. Scrape the spoon bread batter into the casserole dish. Ask an adult to help you put the dish in the oven. Bake it until the top turns golden brown and a toothpick inserted in the middle comes out clean (about 25 to 30 minutes). Serve the spoon bread warm, scooping it out of the casserole dish with a big spoon.



HOW TO WIN AT HIDE-AND-SEEK

“Belle!” Mrs. Potts called. “Oh, Belle!” Belle was sitting in her bedroom, surrounded by a pile of books. “There you are!” Mrs. Potts cried. “Hi, Belle,” Mrs. Potts’s son, Chip, chimed in.

“Hello to both of you. Were you looking for me?” Belle asked Mrs. Potts.

“As a matter of fact, I was,” Mrs. Potts told her. “I was just stopping by to inquire as to whether or not you would like some tea.”

“Thank you,” Belle said. “I would love some.”

Mrs. Potts poured Belle a piping hot cup of tea. Belle took a sip and thanked her.

Mrs. Potts soon headed back to the kitchen, but Chip stayed behind. He wanted to play with Belle.

“How about a game of hide-and-seek?” Belle asked the small teacup.

“How do you play that?” Chip asked.

“It’s simple,” Belle said. “One person hides and the other person tries to find him.”

“I can do that!” Chip said.

“Of course you can,” Belle told him. “So, do you want to be the hider or the seeker?”

“I want to be the hider,” Chip told her.

“Okay,” Belle said. “I’ll close my eyes and count to ten. One, two, three . . .”

Chip took off, darting behind the curtains just as Belle called, “Ten! Ready or not, here I come! Hmm, now where could he be?”

Belle looked under the table. “He isn’t there,” she said. Then

she looked in the corner. “He isn’t there, either.” She looked high and low, but she couldn’t seem to find Chip anywhere.

“I give up,” Belle said. “Come out, come out, wherever you are!”

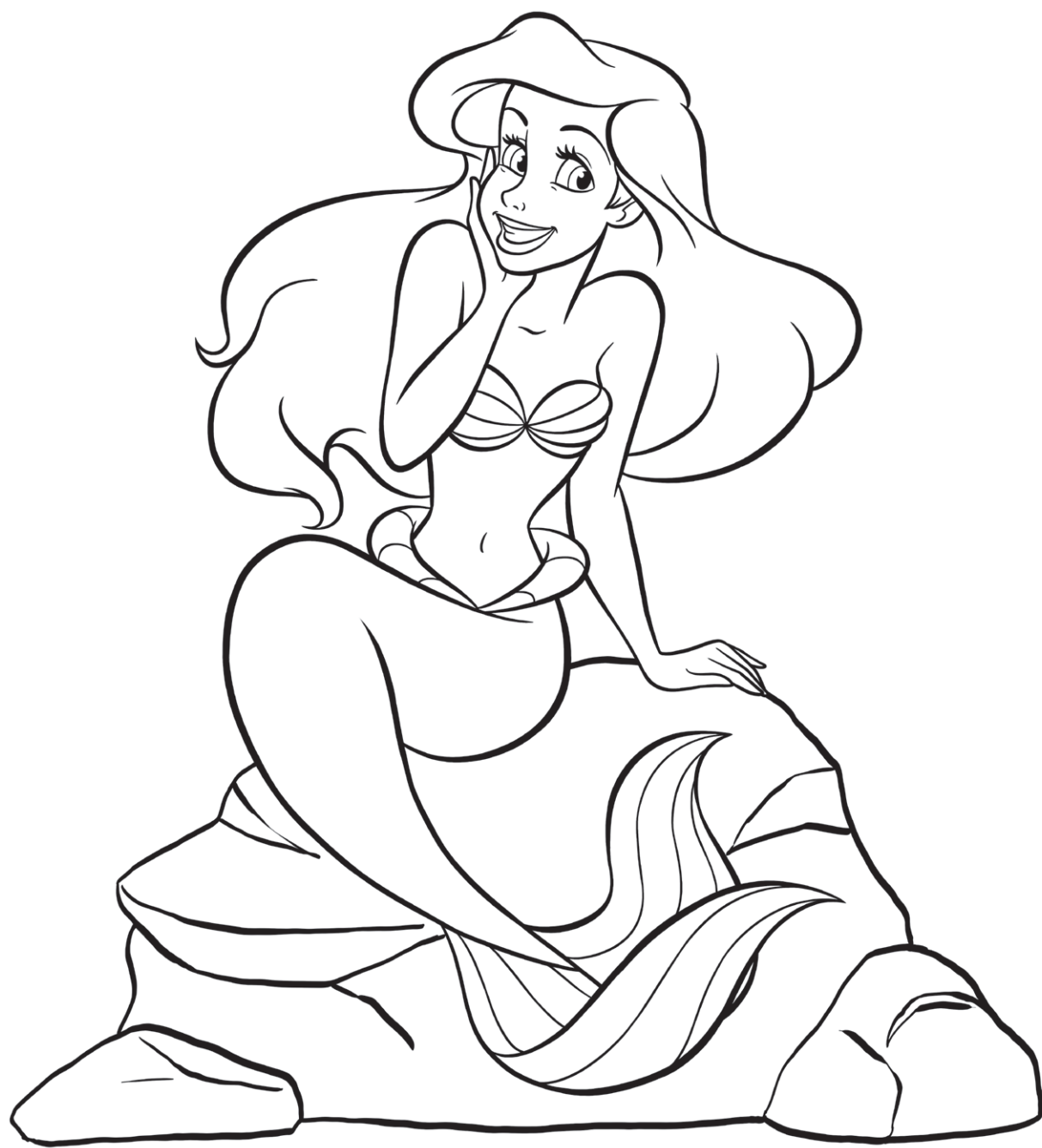
Chip silently giggled from behind the curtain, but he was careful not to make too much noise. He was having fun!

“It seems that Chip doesn’t want to come out from his hiding place,” Belle said. “I guess that means I’ll have to eat a slice of Mrs. Potts’s chocolate cake all by myself.”

When he heard that, Chip jumped out from his hiding place and called out to Belle, “Here I am! Wait for me!”



ARIEL



BE YOUR TRUE SELF!

IF MULAN HADN'T HAD THE COURAGE TO FOLLOW HER HEART AND TRULY BE HERSELF, SHE WOULD NEVER HAVE SAVED CHINA. THE EMPEROR AWARDED HER WITH A MEDAL TO RECOGNIZE HER GREAT VALUE. CREATE ONE YOURSELF TO GIVE TO SOMEONE WHO IS A MODEL TO YOU AND INSPIRES YOU TO BE YOUR TRUE SELF!

You'll Need



SHEET OF WHITE PAPER



CARDBOARD



SMALL LID, BOWL, OR PLATE



PENCIL



SAFETY SCISSORS



CRAYONS OR COLORED MARKERS



STRONG GLUE



WIDE RIBBON



ASK AN ADULT FOR HELP!

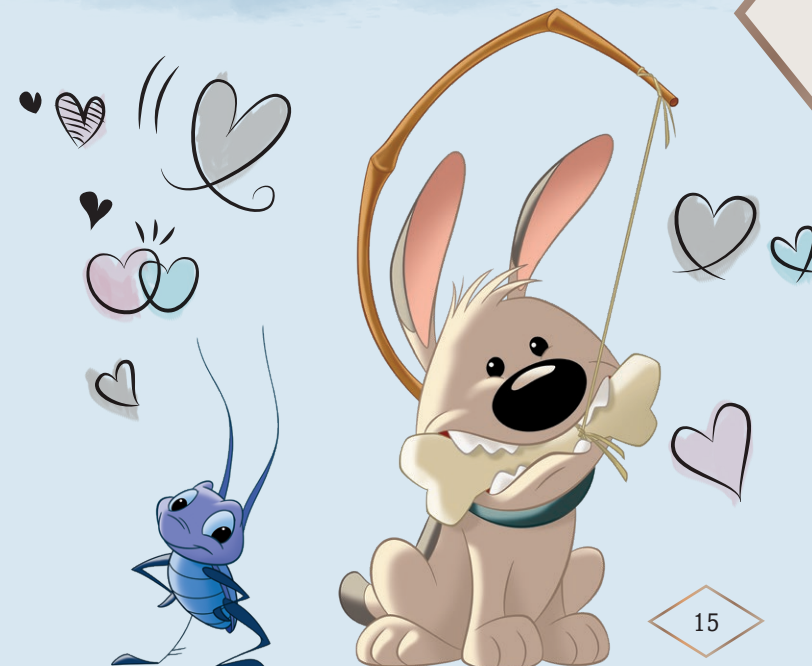
Step 1
TRACE the outline of a small lid, bowl, or plate on a piece of white paper to **CREATE** the shape of the medal.

Step 2
Inside the circle, **MAKE** a drawing dedicated to the person you want to give the medal to, and **COLOR** it. You can also **DECORATE** it with stickers.

Step 3
GLUE the drawing on cardboard and let it dry. Then **CUT IT OUT** with scissors.

Step 4
FORM a loop in the ribbon, overlapping at the bottom. **GLUE** the overlapping ends together, then **GLUE** the ribbon to the back of the medal.

THE MEDAL IS NOW READY TO BE GIVEN TO SOMEONE WHO HELPED YOU DISCOVER IMPORTANT SIDES OF YOURSELF AND ENCOURAGED YOU TO EXPRESS THEM!



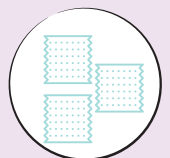
SWEET DREAMS

BE CREATIVE, LIKE RAPUNZEL! WITH JUST A FEW SIMPLE STEPS, YOU CAN MAKE A SLEEPING MASK TO SHARE WITH YOUR FRIENDS FOR A SPECIAL SLUMBER PARTY!

You'll Need



TRACING PAPER



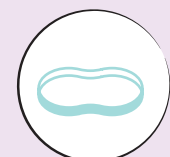
FELT OF DIFFERENT COLORS



PENCIL



CARDBOARD



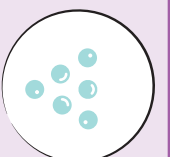
ELASTIC BAND



SAFETY SCISSORS



FABRIC GLUE



SEQUINS, BEADS (optional)



Step 1

USE tracing paper to **TRACE** the outlines of the templates of the sleeping mask, the eyelashes, and the eyebrows on page 16. Then **RETRACE** the templates on the cardboard and **CUT** them **OUT**.

Step 2

USE the mask template as a guide to **CUT** **OUT** two layers of felt for each sleeping mask you want to create.

Step 3

USE the eyelash and eyebrow templates as a guide to **CUT OUT** two felt eyelashes and two felt eyebrows for each mask.

Step 4

MEASURE the length of elastic band needed to fit around your head. Then **GLUE** it into place between the two felt layers.

Step 5

GLUE the sleeping mask layers together and **ATTACH** the felt eyelashes and eyebrows. If you want, you can **ADD** sequins, beads, or other decorations you like.

THE SLEEPING MASKS ARE READY TO WEAR!
IT'S TIME TO INVITE YOUR FRIENDS
TO SPEND A FABULOUS NIGHT TOGETHER!

ASK
AN ADULT
FOR
HELP!



A RELAXING PICNIC

“What a lovely day for a picnic!” Snow White cried as she arrived at her friends' cottage for a visit one spring morning.

“We can't have a picnic,” Grumpy said. “We have to work.”

“But we've been working so hard in the diamond mine.” Sleepy yawned. “Can't we take a day off?”

The other friends cheered—all except for Grumpy. He just folded his arms and frowned.

“Please don't worry, Grumpy,” said Snow White. “A relaxing picnic will cheer you up.”

“I doubt it,” he grumbled.

“Now, what shall we rake—I mean take—on our picnic?” Doc asked.

“How about some porridge?” said Sleepy with a yawn.

“That's not a very good picnic food,” said Snow White. “It's much more fun to pack foods you can eat without spoons or forks.”

“How about fruit?” asked Doc.

“And cookies!” suggested Happy.

“And hard-boiled eggs,” added Sneezy.

“Wonderful!” exclaimed Snow White.

The friends helped Snow White pack the perfect lunch for their picnic.

“After lunch, we'll want to play,” said Snow White. “So you should pack up some things to play with.”

They did, and then they were off, hiking through the forest. When they came to a clearing with a babbling brook, Snow White spread a blanket on the grass, and they all sat down to eat.

After lunch, Doc and Happy played checkers, Sleepy took a nap, and Dopey launched an enormous blue kite. Snow White watched Dopey

as he ran through the meadow. She clapped when the wind took the kite up in the air. But then the kite lifted Dopey off the ground, too!

“Oh, my!” cried Snow White. “Someone help! Dopey is flying away!”

Grumpy, who'd been pouting by the brook, jumped to his feet. He raced after Dopey. Huffing and puffing, he followed the kite up one hill and down another. Finally, Grumpy grabbed Dopey. Snow White cheered.

Still huffing and puffing, Grumpy collapsed next to the princess on the picnic blanket. “Jiminy Cricket!” he cried. “I can't wait to get back to the diamond mine tomorrow. Relaxing picnics are way too much work!”



TOWERING PARFAITS

AFTER DISCOVERING THE WORLD OUTSIDE HER TOWER, RAPUNZEL IS VERY HAPPY SHE LEFT. STILL, IT'S FUN TO REMEMBER HER OLD HOME WITH THIS TASTY TREAT'S TOWERING LAYERS OF PUDDING, FRUIT, AND WHIPPED CREAM.

Directions

1. Spoon a little pudding into the bottoms of two parfait glasses. Top the pudding with a layer of fresh berries, followed by a big dollop of whipped cream.
2. Repeat step 1.
3. Add one more layer of pudding.
4. Top each parfait with a small blob of whipped cream garnished with 1 or 2 fresh berries.



ASK
AN ADULT
FOR
HELP!

Makes 2

Ingredients

Lemon or vanilla
low-fat pudding

Fresh blueberries
or blackberries

Whipped cream

Tip

For another yummy version of this snack, you can make this treat with yogurt instead of pudding.



AURORA



KINDNESS CARDS

FOR CINDERELLA, SHARING IS THE GREATEST ACT OF KINDNESS. CREATE BEAUTIFUL CARDS TO GIVE TO THOSE YOU LOVE AND TO THOSE WHO NEED A SPRINKLE OF JOY IN THEIR LIFE!

You'll Need



BLANK CARDS



PENCIL



MEDIUM-SIZED MARKER

Step 1

On the blank cards, **WRITE** with a pencil phrases about kindness using the hand lettering tips on the next page. For example, you could write, "Kindness opens every door."

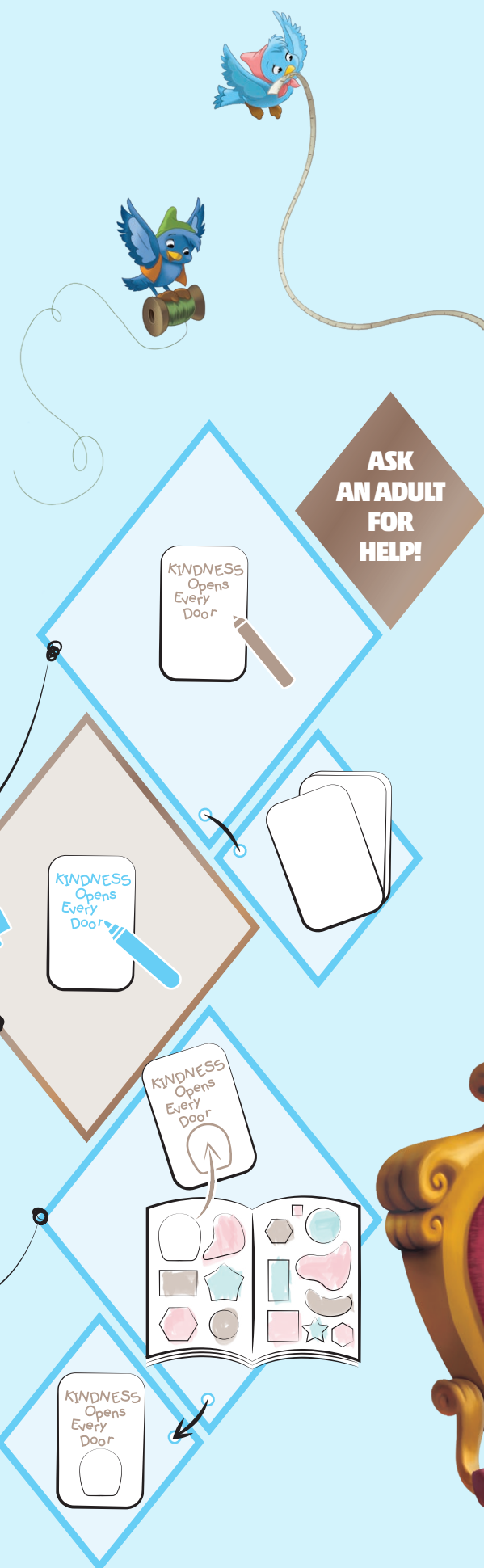
Step 2

Now use the marker to **INK** on top of the phrases you wrote on the cards.

Step 3

ADD your favorite stickers or **DRAW** pretty designs and pictures around the kindness phrases on the cards.

YOUR CARDS ARE NOW READY TO SPREAD KINDNESS!



HAND-LETTERING TIPS

Use the Jumping Sans style to make your kindness messages stand out! With the help of the outlines provided on this page, learn how to write uppercase and lowercase letters. It's super fun!

1. **A B C**

Start by making **TWO PAIRS OF GUIDELINES**, and initially write normal block letters, trying to keep the letters the **SAME HEIGHT**.

2. **A B C**

Now try to **ROTATE EACH LETTER A LITTLE BIT**, alternating clockwise and counterclockwise tilt.

3. **A B C**

As soon as you get the bouncing rhythm right, you can also **MOVE THE LETTERS VERTICALLY**, alternating between each pair of guidelines.

4. **abcdefghijklmnopqrstuvwxyz**

Now **PRACTICE LOWERCASE LETTERS**! In Jumping Sans, they have **SIMPLE SHAPES** based on round circles and straight lines. The challenge here is not to make them perfect but rather to keep the **RHYTHM PLEASANT AND BOUNCY**.

TIP: LET THE LETTERS DANCE!
THE SECRET TO A BEAUTIFUL LETTERING PIECE IS CREATING MOVEMENT BETWEEN THE LETTERS. MAKE EACH WORD FIT IN ITS OWN SPACE AND INTERACT WITH THE WORDS AROUND IT.



LOVELY LETTERS

SURPRISE YOUR SIBLINGS AND YOUR FRIENDS WITH A SPECIAL GIFT: CARDBOARD INITIALS WRAPPED IN WOOL THREAD! THEY ARE SUPER EASY TO MAKE!

You'll Need



SQUARE SHEETS



CARDBOARD



COLORED YARNS



SAFETY SCISSORS, PENCIL, RULER



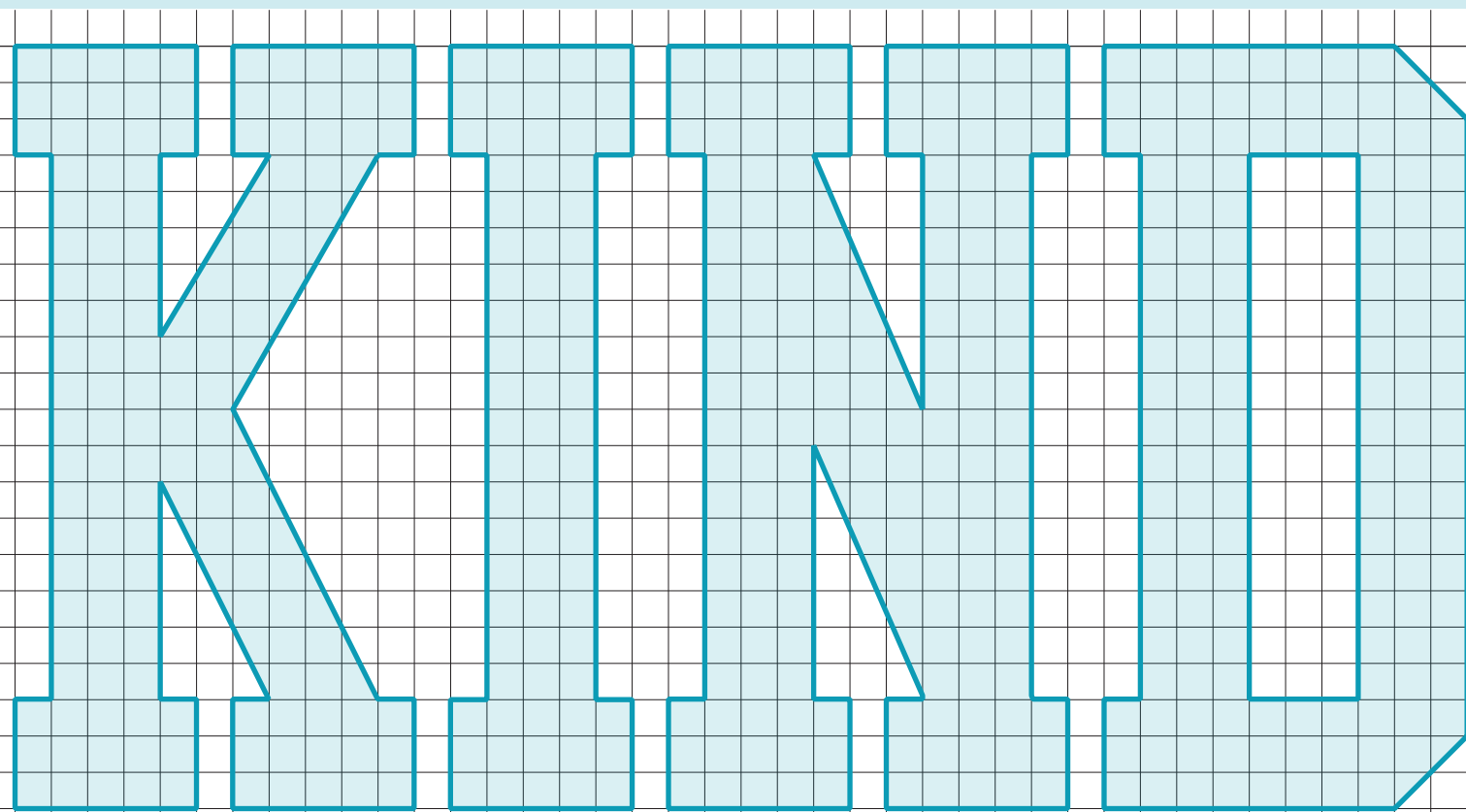
GLUE



RIBBON



DECORATIONS (fabric flowers, buttons, pompoms)



Step 1

TAKE a square sheet and **WRITE** the letter, using a ruler to ensure that all of the lines are straight. Once your letter is drawn, **CUT** it **OUT**.

ASK AN ADULT FOR HELP!

Step 2

GLUE the letter on cardboard and let it dry. Then, **CUT** it **OUT**.

Step 3

LOOK FOR a good anchoring point on the letter and **FASTEN** your first piece of yarn with a double knot on the back.

Step 4

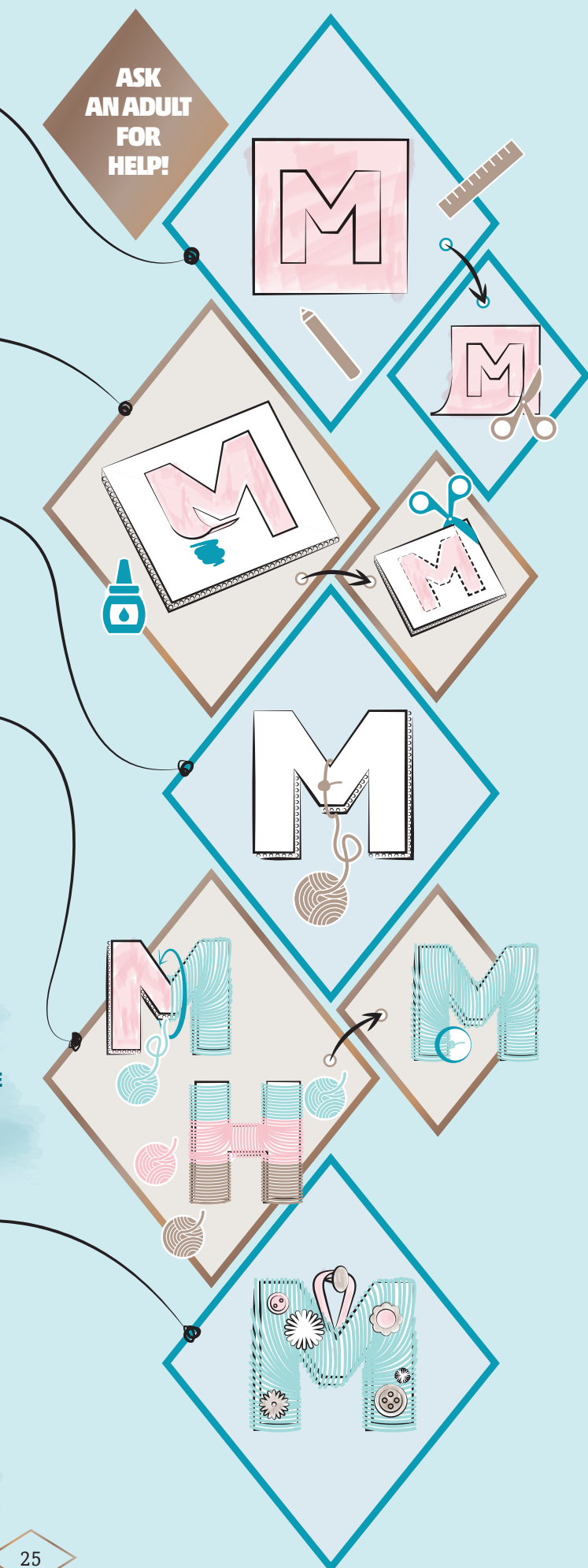
WIND the yarn around the letter, **COVERING** as much of the cardboard as possible. Continue until the whole letter is covered, then **TIE OFF** the final loose end to some of the existing strands on the back.

IF YOU WANT, YOU CAN WRAP THE LETTER WITH VARIOUS COLORS. TO START A NEW BAND, SIMPLY TIE A DIFFERENT PIECE OF YARN TO THE END OF THE PREVIOUS ONE. MAKE SURE THAT THE JOINING KNOT IS ALWAYS ON THE BACK.

Step 5

If you want, **GLUE** a ribbon to the back of the letter so that you can **HANG** it **UP**.

EXTRA TOUCH: YOU CAN ALSO CUSTOMIZE YOUR LETTER WITH FABRIC FLOWERS, BUTTONS, OR POMPOMS!



ASK
AN ADULT
FOR
HELP!

Serves 1

Ingredients

- ¼ cup shredded coconut
- 1 frozen banana
- ¼ cup frozen cantaloupe
- ½ cup Greek yogurt
- 2 mandarin oranges

Topping

- Sliced almonds
- Shredded coconut
- Blueberries
- Mandarin orange slices
- Green grapes

Tip

To make this recipe your own, try experimenting with other fruits and nuts as your topping.



SUNSHINE BOWL

WHETHER SHE'S IN HER VILLAGE OF MOTUNUI OR SAILING ACROSS THE SEA, MOANA LOVES BEING IN THE SUN. THIS SWEET SMOOTHIE BOWL, TOPPED WITH FRESH FRUIT AND NUTS, IS THE PERFECT WAY TO BRING SOME SUNSHINE TO YOUR MORNING!

Directions

1. Place the coconut, banana, cantaloupe, Greek yogurt, and mandarin oranges into a blender.
2. Blend the ingredients until they are smooth and creamy.
3. Pour the smoothie into a bowl, add your preferred toppings, and serve with a spoon.



AURORA'S SLUMBER PARTY

Prince Phillip was away for a few days. Princess Aurora was lonely, and so she decided to invite the good fairies to spend the night.

The fairies arrived at the castle with their wands, ready to use their magic.

"We don't need magic to have fun," said Aurora. "There are all kinds of things to do."

"Is anyone hungry? I'll use a spell to make some food," said Merryweather.

"We have bread, butter, strawberries, and cream right here," Aurora pointed out. "You can make a snack without using magic."

"This is fun!" Merryweather exclaimed as she made herself a triple-decker berry sandwich. It looked so good, the other fairies raced over to make their own. When Flora bit into hers, a dollop of cream flew across the room, right onto Aurora's face!

"Oops," Flora said. "I'm sorry, Princess." But Aurora wasn't upset. In fact, it made her giggle.

A little later, Fauna had an idea. "Let's make a treat for the morning," she suggested.

"Why don't we make some cinnamon rolls?" Aurora offered. They made the dough and left it in the kitchen to rise.

While they were waiting, the friends went upstairs. Flora grabbed a pillow and swung it at Aurora. The princess ducked and grabbed a pillow of her own. A few minutes later, feathers covered the room.

"It's probably time to finish the rolls," Aurora said. She and the fairies went back down to the kitchen and saw that the ball of dough had become the size of a table!

"I *may* have used a teensy bit of magic," Merryweather admitted.

"That's all right," Aurora said with a yawn.

"We'll have enough for the whole kingdom."

Fauna pulled out her wand. "I think a little more magic would make this a lot faster."

A few minutes later, all the rolls were done. Aurora and the fairies went back upstairs.

"Let's read a story," the princess said.

And so Flora began to read. After a few minutes, everyone grew sleepy.

"This has been a wonderful slumber party," Aurora said. "Good night, fairies."

"Good night, Princess," the fairies replied.

And very soon, they all drifted off to sleep.



JASMINE



LET'S GET TO KNOW EACH OTHER BETTER!



ARIEL ISN'T AFRAID TO EXPLORE AND DISCOVER NEW THINGS ABOUT OTHERS AND THE WORLD AROUND HER. CREATE YOUR OWN ORIGAMI CHATTERBOX AND HAVE FUN DISCOVERING NEW THINGS ABOUT YOUR LOVED ONES AND FRIENDS!



SQUARE SHEET OF WHITE PAPER



CRAYONS OR COLORED MARKERS

You'll Need

ASK AN ADULT FOR HELP!

Step 1

FOLD the square paper sheet from corner to corner to form two diagonals. Then **OPEN UP** the paper and **FOLD** all four corners to the middle, as shown here.

Step 2

PRESS DOWN all the edges with a finger so that they are well folded. **FLIP** the paper sheet and **FOLD** the back bottom corner toward the center. **KEEP ROTATING IT AND FOLDING** the corners until you've **MADE** a smaller square containing eight little triangles.

Step 3

NUMBER each small triangle from 1 to 8 clockwise. Then **FLIP** your paper square again. **PICK** four colors, which will correspond to four different themes, and **COLOR** the four squares of the front side of the chatterbox.

IDEAS FOR THEMES YOU MIGHT CHOOSE:
FAMILY • GAMES • FRIENDS
SCHOOL • DREAMS • HOBBIES

Step 4

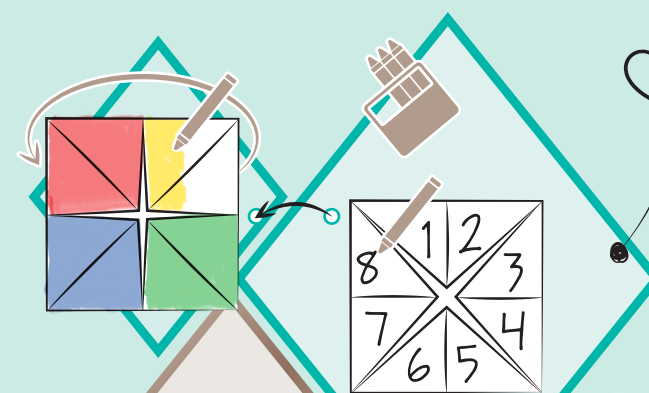
FLIP your paper square again, and under the flaps **WRITE** the themes related to the colors. Then for each number **WRITE** an action to take. Remember: each action has to be linked to the color theme you have chosen and show people's traits and dreams. When you have finished, **CLOSE** the flaps so that the actions written on them aren't visible to those who will play with you!

Step 5

Now **LET'S PLAY!** **SLIDE** your fingers underneath the colored squares. **ASK** a friend to **CHOOSE A COLOR**, and **SPELL IT OUT** while you open and close the chatterbox as many times as there are letters in the color word. Then ask your friend to **PICK A NUMBER**, and **COUNT IT OUT** while opening and closing the chatterbox.

Step 6

Last, have your friend **PICK ONE OF THE NUMBERS** they see. **LIFT** the flap and **REVEAL** the theme underneath. Then **READ** your friend's task out loud and **ENCOURAGE** them to carry out the action!



HOBBIES:

Share with your friends something related to your favorite hobby.

DREAMS:

Act out the job you would like to have when you grow up.

RED!

R-E-D!

SIX!

1, 2, 3,
4, 5, 6!

TWO!

SCHOOL!

ASK A SCHOOLMATE TO TELL YOU ABOUT THEIR FAMILY!

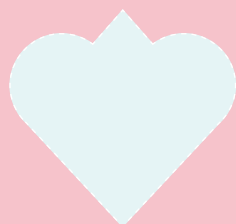
Tips!

Your ACTS of KINDNESS



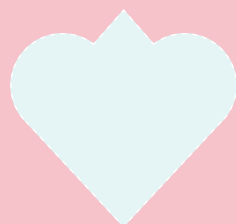
1

SAY SOMETHING NICE TO SOMEONE



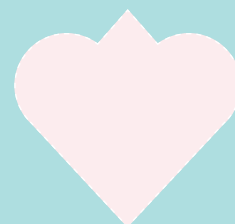
2

MAKE A HANDMADE GIFT FOR A LOVED ONE



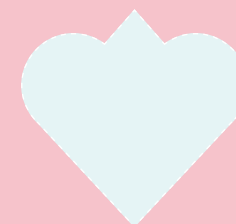
9

HELP MAKE COOKIES FOR A NEIGHBOR OR A FRIEND



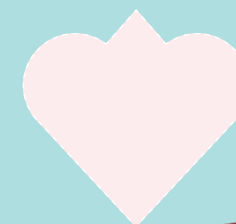
10

SAY YOU'RE SORRY IF YOU DO SOMETHING WRONG



11

LET SOMEONE ELSE GO FIRST



3

HELP A FAMILY MEMBER WITH A CHORE



4

INVITE SOMEONE NEW TO PLAY WITH YOU



5

TIDY UP WITHOUT BEING ASKED



6

TELL A JOKE OR MAKE SOMEONE LAUGH



7

WRITE A LETTER OR MAKE A CARD FOR A RELATIVE OR A FRIEND



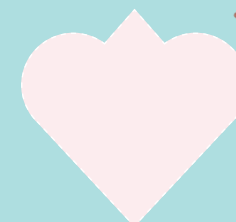
8

GIVE FLOWERS TO SOMEONE YOU LOVE



12

GIVE A PARENT A BIG HUG OUT OF THE BLUE



















SWINGING SOUNDS!

THE MUSIC AT TIANA'S RESTAURANT CREATES AN UPBEAT ATMOSPHERE! DANCE YOUR WAY TO THE CAKE YOU'D SHARE WITH FRIENDS: **FIND** THE RIGHT PATH!



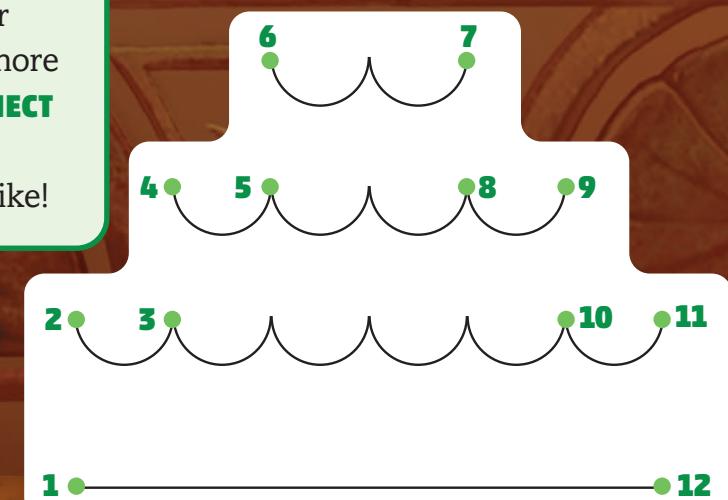
Complete the Orchestra

ADD the musicians on the right so that each row and column of the grid contains all four.

Cake for All

The cake Tiana baked for her friends will be even more exquisite when you **CONNECT** the dots from **1** to **12** and decorate it any way you like!



ASK
AN ADULT
FOR
HELP!

Serves 6 to 8

Ingredients

1 medium English cucumber
3 Tbsp rice vinegar
1 Tbsp sugar
1 Tbsp salt
1 Tbsp toasted sesame seeds
Salt to taste
Dash of crushed red pepper flakes (optional)

Tip

Red pepper flakes are really spicy, so don't use too many.



LUCKY CUCUMBER SALAD

MULAN'S CRICKET FRIEND, CRI-KEE, LOVES SPENDING TIME IN THE FA FAMILY GARDEN. MAKE YOUR OWN LUCKY SALAD DISH WITH SOME CRUNCHY CUCUMBERS!

Directions

1. Cut the cucumber into thin circular slices.
2. In a medium-size bowl, stir together the cucumber slices, vinegar, sugar, sesame seeds, and salt. Add the crushed red pepper flakes if you're using them.
3. Chill the cucumber salad for 30 minutes before serving.



THE WINTER JOURNEY

At autumn's end, the wind blew cold and the last leaves fell from the trees. For Pocahontas and her village, the time had come to travel to their winter camp.

Pocahontas loved her home by the river, but she always looked forward to this trip. The journey meant new adventures and new places to explore. Best of all, many different villages from the Powhatan nation gathered at the winter camp to work together during the cold months.

Pocahontas' village was the first to arrive at the campsite. They hurried to unpack and set up their winter home. Pocahontas wanted to help, too. She had decided to collect some firewood when suddenly it started to snow!

Pocahontas strayed farther from the camp. She loved the silence of the winter forest and the soft sound of falling snow.

Suddenly, as she was gathering wood, Pocahontas heard a sound that broke the stillness. She put down her firewood and listened carefully. There it was again! It sounded like crying! She needed a better view.

Pocahontas didn't see anything at first. Then she looked down and gasped. A little lost deer was wandering alone in the woods. He was too young to survive on his own and needed to get back to his mother quickly. Pocahontas climbed down from the tree.

Pocahontas held out her hand. "It's all right, little one," she said kindly, trying not to scare the fawn off. "I'm here to help." As the fawn continued to watch her, Pocahontas slowly reached into her pouch and pulled out some berries.

While the fawn happily ate his snack, Pocahontas crept around him until she could see his tracks in the snow. She had to take the fawn back to his mother the way

he had come. She dropped a berry on his path. Following the tracks a little farther, she dropped more berries, and the fawn hurried after her.

Pocahontas put a berry down on the far bank. The fawn walked closer and reached out a hoof, then pulled back. He was afraid of the rushing water! Patiently, Pocahontas piled more and more berries on the bank. The fawn gazed at the berries hungrily. Finally, he charged right into the shallow creek. *Splash!* In a few bounds, he was across and sloshing onto the bank.

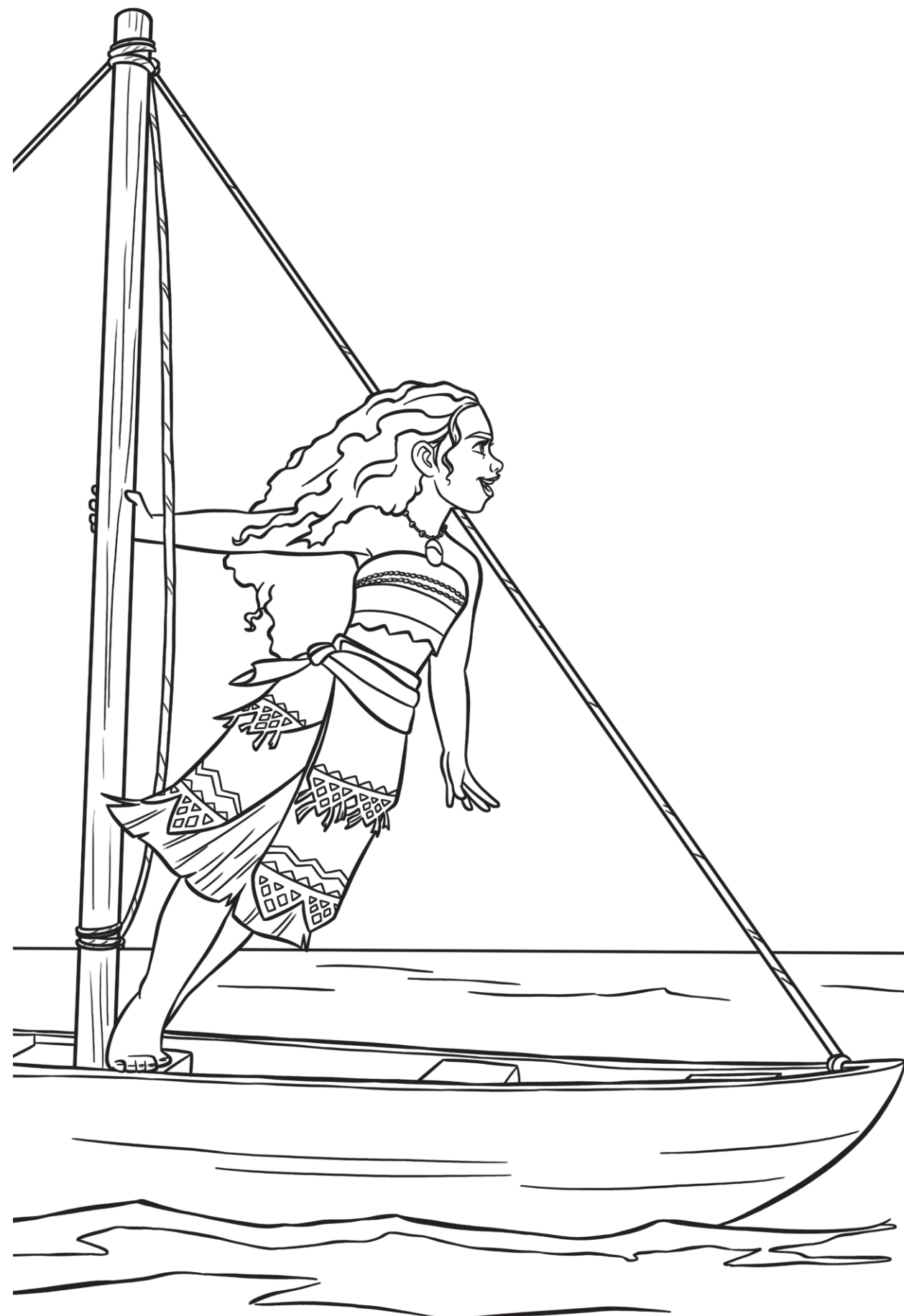
Pocahontas and the fawn continued to follow his trail through the forest, all the way to the edge of a clearing. Peering ahead, Pocahontas spotted a doe pacing back and forth in distress. "Look, little one!"

The family was back together again! Pocahontas watched, smiling and peaceful, as the two deer started heading away into the forest.

Back at the camp, people from many different Powhatan villages were gathered. No matter where she was, the land—and the families Pocahontas found there—always felt like home.



TIANA



THE CULTURE EXPLORER GAME

ASK
AN ADULT
FOR
HELP!



BELLE LOVES READING STORIES WITH HER CASTLE FRIENDS AND PLAYING DIFFERENT GAMES TO GET TO KNOW THEM BETTER. HERE IS ONE YOU CAN PLAY WITH YOUR FRIENDS TO LEARN ABOUT DIFFERENT CULTURES AND SHARE THE BEAUTY OF DIVERSITY.

You'll Need



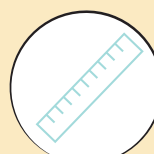
WHITE
CARDBOARD



SAFETY
SCISSORS



PENCIL



RULER



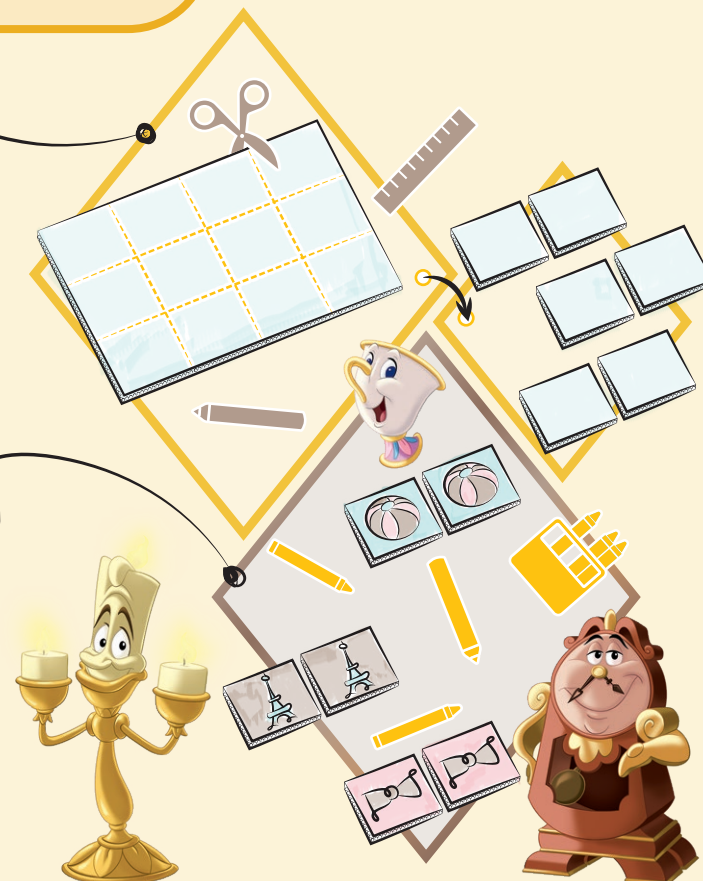
CRAYONS
OR COLORED
MARKERS

Step 1

CUT a piece of white cardboard into equal-sized squares to create the cards; they must be even in number to have matching pairs. You can **CREATE** as many pairs as you like, at least one for each player.

Step 2

Each player **DRAW**s and **COLOR**s something that is related to their culture on two cards (for example, a monument, a food, a word, a symbol, a place, etc.). Remember that the drawings **MUST BE EXACTLY THE SAME** for each pair!



Step 3

Now **SHUFFLE** the cards and **LAY** them on the table facedown in rows. **DECIDE** who goes first, then **CONTINUE** clockwise.

Step 4

The first player **CHOOSES** a card and carefully **TURNS IT OVER**. Be sure not to move the surrounding ones.

Step 5

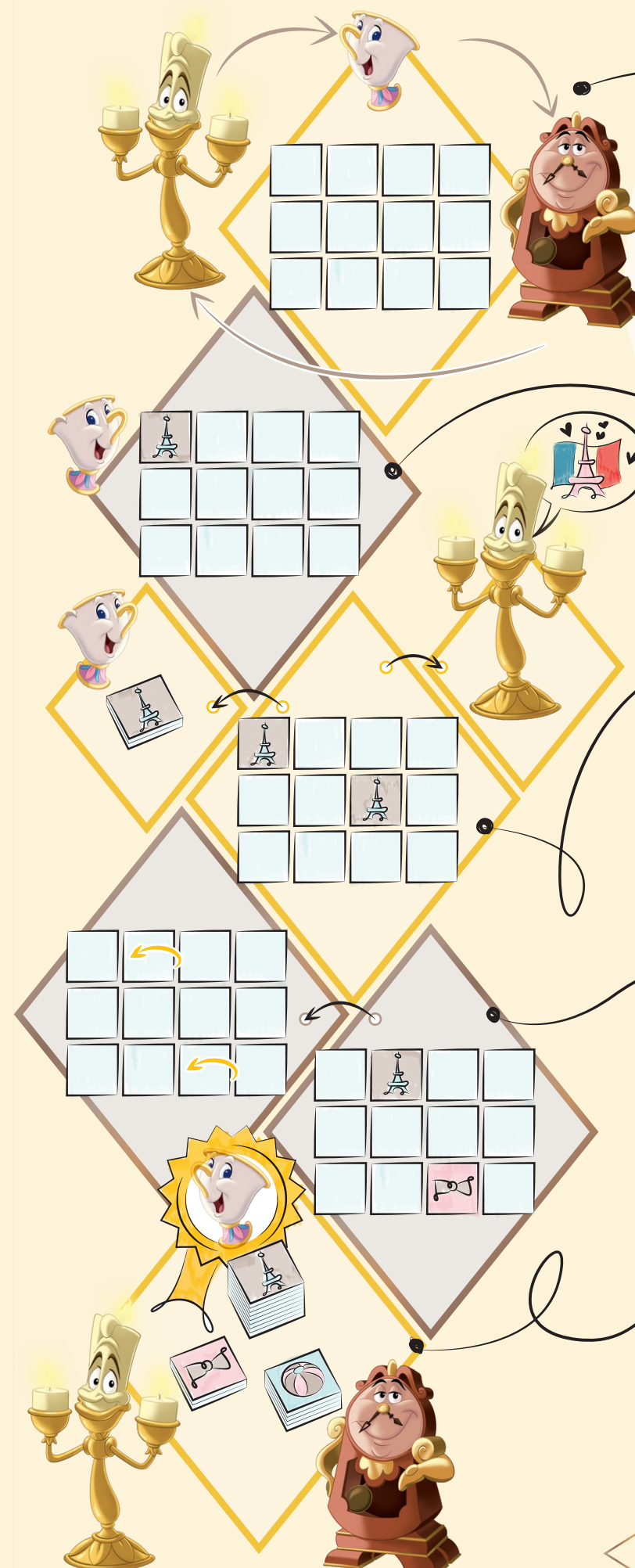
The player then **SELECTS** another card and **TURNS** it over. The one who successfully **UNVEILS** a pair gets to **KEEP** it and gets another turn, while the person who created the matching pair **EXPLAINS** to the others the meaning of the cards.

Step 6

If the cards are not a match, they are **TURNED** back over and the turn passes to the next player.

Step 7

The game **CONTINUES** until all the cards are matched and all the traditions are revealed! In the end, the player with the most matching pairs is the winner.



BOW SWEET!

WANT TO WEAR A CHARMING HEADBAND LIKE SNOW WHITE'S?
IT'S SUPER-EASY TO MAKE!

ASK
AN ADULT
FOR
HELP!



You'll Need



headband



safety scissors



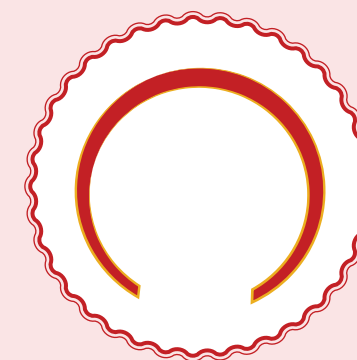
ribbon



glue

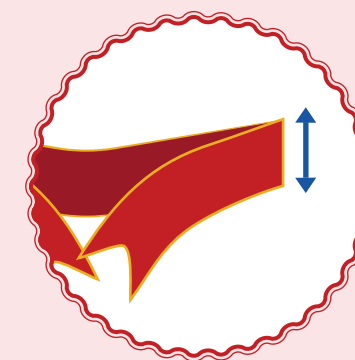
Classic and Trendy!

Follow the step-by-step instructions on the right to create your own custom-made bow headband, the perfect sweet touch for any occasion!



STEP 1

Start with a thin red headband that fits your head comfortably.



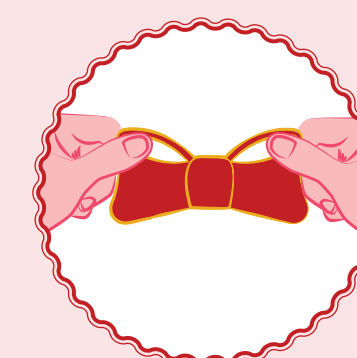
STEP 2

Make sure to choose a wide ribbon so that the bow will be the right size.



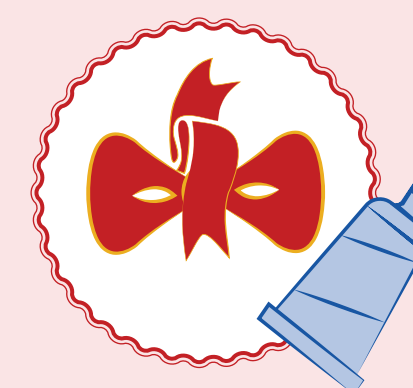
STEP 3

Cut a piece of ribbon the length you need to make a bow the size you would like.



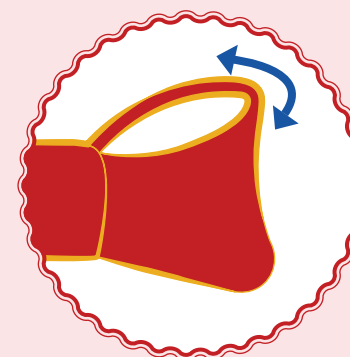
STEP 4

Form two loops by bringing the ends of the ribbon together and gluing them to the center of the ribbon.



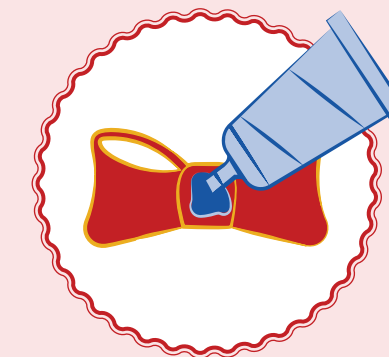
STEP 5

Cut a small piece of ribbon, wrap it around the center of the two loops, and glue the ends to hold it in place.



STEP 6

Spread the ends of the loops out to make the bow bigger, if you like.



STEP 7

Apply a drop of glue to the center section on the back of the bow.



STEP 8

Attach the bow on a side of the headband and let it dry!

THE DESERT RACE

The Sultan was angry. The Desert Race was coming up, and he was sure Agrabah would lose to the prince of the neighboring kingdom that had won it for the past three years.

"I have an idea!" Jasmine said eagerly. "I could ride Midnight in the Desert Race. He's the fastest horse around!"

The Sultan wasn't sure. Jasmine had never raced before.

"How about if I ride Midnight in the race?" Aladdin suggested.

He had participated in many competitions on the streets of Agrabah. They all agreed Aladdin would compete in the race.

The next day, Aladdin and Jasmine went to the stables. But when Aladdin climbed onto Midnight, the horse bucked and threw him.

Finally, the day of the race arrived. Riders from the neighboring kingdom paraded into Agrabah, including the prince and his big white stallion.

"What an odd-looking horse Aladdin is riding," the Sultan said to Jasmine. But the princess was nowhere to be found. The Sultan shrugged. "We can't wait any longer," he said, and he started the race.

A black horse with a veiled rider took the lead. As soon as they were out of view, the rider threw off the veil. It was Jasmine! "I just had to prove that you were the fastest," she whispered to Midnight.

Aladdin's horse spotted an oasis of water and jumped in. "Now that's more like it!" exclaimed the horse. Aladdin had a secret. His horse was actually the Genie!

On land, Jasmine and Midnight galloped off without a backward glance. The prince and his horse weren't giving up. They were

right at Midnight's heels . . . until the horses had to jump a ditch that crossed their path. Midnight sailed over easily, but the prince's horse skidded to a stop!

Now there was nothing to keep Jasmine and Midnight from winning. Suddenly, Jasmine heard the sound of hoofbeats close behind her. It was Aladdin! Their two horses crossed the finish line at the same time.

"Congratulations!" Aladdin said.

"Same to you," Jasmine replied. "But where did you find such a fast horse?"

"Er . . ." Aladdin looked at his feet.

"Surprise!" the Genie cried, turning back into himself.

"Sorry, Princess," the Genie said, winking. "We were just horsing around!"



STARFISH DIP

THESE SEA-INSPIRED MOUTHFULS ARE QUICK TO WHIP UP AND ARE ESPECIALLY YUMMY AFTER A BUSY DAY OF SWIMMING OR PLAYING IN THE SAND!

Directions

1. Squeeze the spinach to remove any excess water. Put the spinach, mayonnaise, onion soup mix, and sour cream into a large bowl and combine.
2. Using the back of a small spoon, smear about a teaspoon of dip onto one side of a cucumber round. Arrange 5 pieces of pepper to give the appearance of a starfish, and serve.



ASK
AN ADULT
FOR
HELP!

Serves 6

Ingredients

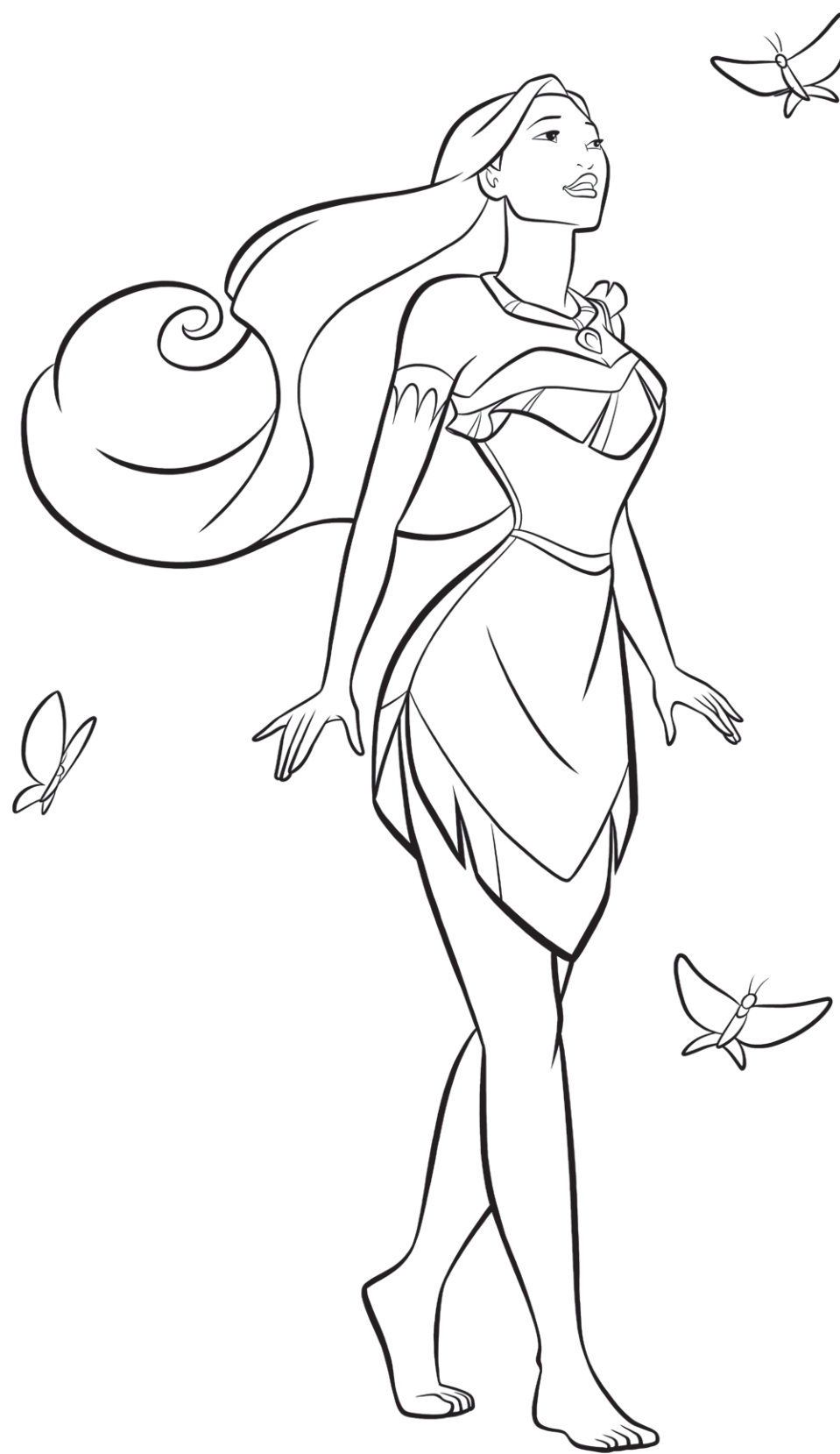
- 1 (10-oz) package frozen spinach, thawed
- ½ cup low-fat mayonnaise
- 1 package onion soup mix
- 1 (8-oz) container low-fat sour cream
- 2 cucumbers, sliced into 1-inch rounds
- ½ red pepper, cut into 1-inch-thick strips and then sliced on the diagonal
- ½ green pepper, cut into 1-inch-thick strips and then sliced on the diagonal

Tip

Feeling adventurous? Try putting this dip on top of other veggies and snacks, too!



MULAN



PAPER FRIENDSHIP BRACELETS

ASK
AN ADULT
FOR
HELP!

JASMINE ISN'T AFRAID TO SHOW OTHERS HOW MUCH SHE CARES ABOUT THEM. MAKE BRACELETS IN JASMINE'S STYLE TO GIVE TO YOUR FRIENDS. THEY WILL KNOW HOW MUCH YOU LOVE THEM!

You'll Need



Step 1
CHOOSE a sheet of paper in a color you like. **DRAW** and **CUT OUT** different-shaped strips, as shown in the picture. Be sure that the paper strips are at least 8 inches long.

TIP: IF YOU WANT TO MAKE LARGER BEADS JUST USE LONGER STRIPS OF PAPER.

Step 2
ROLL a paper strip around a toothpick, starting at the base. As you roll, **APPLY** drops of superglue to the paper to secure. When the end of the strip is glued down, **TAKE IT OFF** the toothpick and place it aside to dry. **REPEAT THIS STEP** with each of the strips until you have enough beads to thread on the yarn.

Step 3
MEASURE the length of the yarn around the wrist of the person you want to give the bracelet to. This way you will get the right size!

Step 4
THREAD the stretch yarn through the beads, putting the smallest beads at either end and increasingly bigger beads toward the middle, with the largest in the center. After you finish, **TIE** a firm knot.

Step 5
MAKE lots of paper bead bracelets and **SHARE** them with your friends! The fun will be multiplied, and so will your friendship!

YOUR NATURE SCRAPBOOK

POCAHONTAS LIVES IN HARMONY WITH ALL LIVING BEINGS AND PROTECTS THEM. BE A GUARDIAN OF NATURE, TOO, AND LEARN HOW TO RECORD YOUR OBSERVATIONS, THOUGHTS, AND FEELINGS ABOUT THE NATURAL WORLD!

ASK
AN ADULT
FOR
HELP!

You'll Need



CARDBOARD



COLOR
CRAFT
PAPER



LIGHT-
COLORED
CARDSTOCK



CRAFT GLUE



SATIN
RIBBON



SAFETY
SCISSORS AND
RULER



Step 1

CREATE THE COVERS: **CUT** two square pieces of cardboard of the same size. **CUT** two pieces of craft paper 1 inch larger on all sides than the cardboard. Place a piece of cardboard in the center of each craft paper. **CUT** the four corners of each craft paper as shown in the picture. **FOLD** the edges of the craft paper in, **GLUING** them to the pieces of cardboard.

Step 2

MAKE THE BODY of the scrapbook: **CUT** a long strip of a light-colored cardstock paper. The width must be equal to the cover, while the length depends on how many pages you want for the scrapbook. Using a ruler, **CREATE ACCORDION FOLDS** on the strip until it ends.

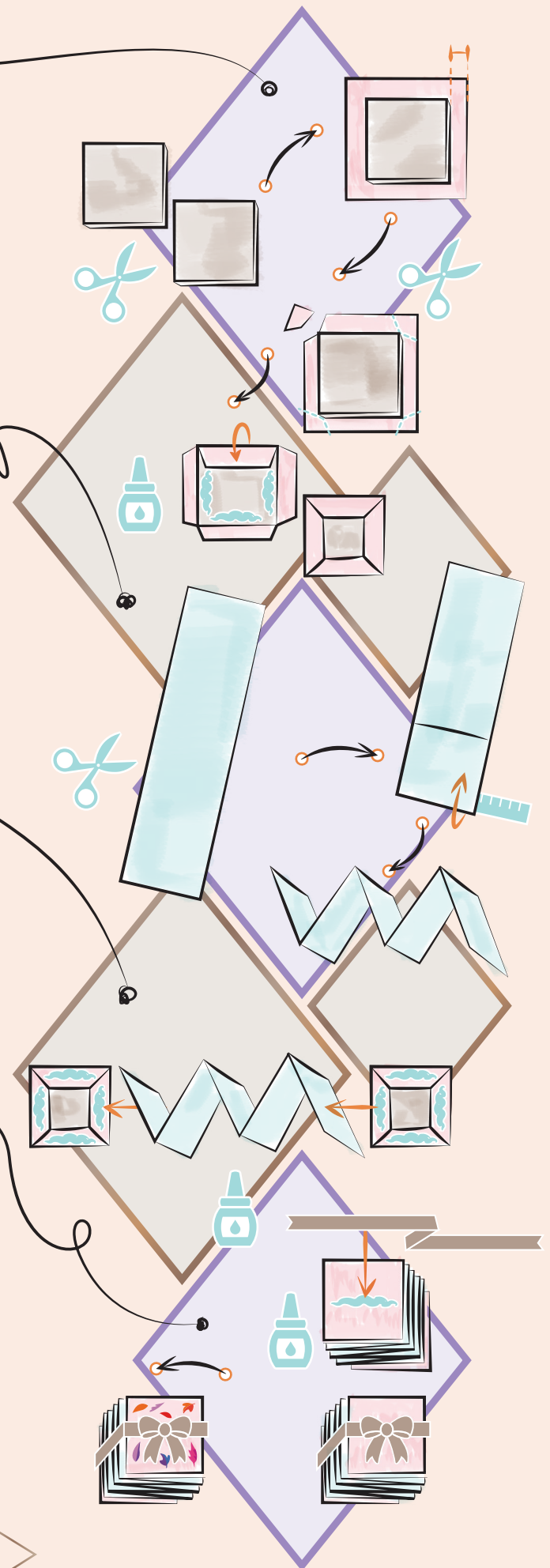
Step 3

ADD THE COVERS: **APPLY** glue to the inside of one of the covers, as shown in the picture. Place one of the ends of the body of the scrapbook on the cardboard's glued area. **PRESS** to make sure that all four sides are glued to the cover, then **GLUE** the other end.

Step 4

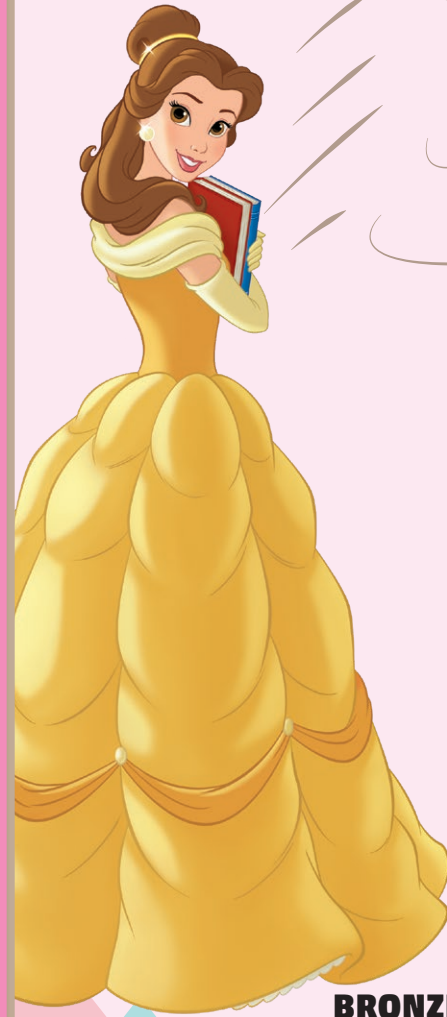
GLUE a ribbon to the middle of the back side of the scrapbook. Keep enough length of ribbon at both ends to tie a bow in the front of the scrapbook. Now **DECORATE** the front cover with nature elements, or paint nature art on it.

YOUR NATURE SCRAPBOOK IS READY!
YOU CAN DRAW OR PASTE PHOTOS
OF WHAT YOU SEE DURING YOUR NATURE
OBSERVATIONS! YOU CAN ALSO NOTE
CHANGES IN THE ENVIRONMENT, STORE DRIED
FLOWERS AND LEAVES, AND WRITE POEMS
ABOUT NATURAL BEAUTY!



HOW KIND ARE YOU?

DO YOU HAVE A HEART OF GOLD? TAKE THIS QUIZ TO FIND OUT!
CHECK OFF THE STATEMENTS BELOW THAT APPLY TO YOU



I ALWAYS GREET PEOPLE WHEN I MEET THEM.

☐

I LIKE TO MAKE LITTLE SURPRISES FOR MY FRIENDS AND FAMILY MEMBERS.

☐

IF MY BFF IS SAD, I TRY TO LIFT THE MOOD.

☐

I SAY "THANK YOU" WHEN I'M GIVEN SOMETHING.

☐

I NEVER TALK BEHIND PEOPLE'S BACKS.

☐

MY FRIENDS CAN COUNT ON ME.

☐

I DON'T HOLD A GRUDGE WHEN I ARGUE WITH SOMEONE.

☐

I SAY "PARDON" WHEN I TRY TO GET PAST SOMEONE.

☐

I AM POLITE WHEN ADDRESSING PEOPLE.

☐

I'M HAPPY TO LEND MY THINGS TO FRIENDS AND/OR SIBLINGS, IF THEY NEED THEM.

☐

BRONZE

SILVER

GOLD

0-3 Points

YOU TEND TO BE VERY RESERVED IN SOCIAL SITUATIONS AND USUALLY CARE ABOUT AND LISTEN TO ONLY SELECT PEOPLE. REMEMBER THAT EVERYONE DESERVES COMPASSION AND UNDERSTANDING.

4-6 Points

YOU RESPECT OTHERS, SHOW YOUR MANNERS, AND HAVE A KIND ATTITUDE. YOU'RE ALWAYS AVAILABLE TO SHARE YOUR TIME AND YOUR THINGS WITH PEOPLE YOU LOVE.

8-10 Points

YOU ARE VERY POLITE, LOVING, AND TACTFUL. PEOPLE FEEL COMFORTABLE AROUND YOU! YOUR FRIENDS AND FAMILY MEMBERS KNOW YOU HAVE A GOLDEN HEART AND GENUINELY CARE ABOUT THEM.

BULL'S-EYE PIZZA

NOTHING'S MORE IMPORTANT TO PRINCESS MERIDA THAN BEING ABLE TO MAKE HER OWN CHOICES. THAT'S WHY THIS PIZZA RECIPE IS ALL ABOUT TARGETING THE TOPPINGS YOU LIKE BEST.

Directions

1. Divide the pizza dough in half and knead each piece into a ball. Place the dough balls in a large bowl and cover with plastic wrap. Let them rest at room temperature for 10 minutes.
2. Heat the oven to 425°F. Lightly oil two baking sheets and sprinkle a pinch or two of cornmeal on top.
3. Working on a flour-dusted surface, roll both dough balls into ¼-inch-thick circles. Carefully place each one on a prepared baking sheet.
4. Spread spoonfuls of pizza sauce on both pizza crusts. Top the sauce with grated mozzarella cheese.
5. Add your choice of toppings. Place one kind—chopped ham or pepperoni slices, for example—in the center. Arrange a second topping in a ring around the first one. Keep adding toppings in this way, creating a colorful bull's-eye pattern, until you reach the crust.
6. Ask an adult to help you with the oven. Bake the pizzas on different oven racks until the edges and bottoms of the crusts are golden brown (about 15 minutes). Switch the position of the trays after 7 or 8 minutes so that the pizzas will cook evenly.
7. Let the cooked pizzas cool slightly before slicing and serving.



ASK AN ADULT FOR HELP!

Makes 2

Ingredients

- 16 oz premade pizza dough
- 1 Tbsp olive oil
- 2 pinches cornmeal
- 1 cup pizza sauce
- 1½ cups grated mozzarella cheese

Topping

- Diced ham
- Pepperoni
- Broccoli florets
- Diced bell peppers
- Pineapple chunks
- Sliced black olives

Tip

If you use pineapple chunks for a topping, blot them first with a paper towel or clean reusable cloth to absorb extra juice and keep the crust from getting soggy.



A ROYAL FRIEND

A crowd of girls looked on excitedly as Cinderella's coach came to a stop outside of their school. The headmistress hurried to open the door.

"Welcome, Your Highness!" she exclaimed.

"It's so nice to see you all again," said the princess.

Everyone was happy to see Cinderella. But no one was more excited than a little girl named Emma.

Later that afternoon, when it was time for her to go, Cinderella made an announcement. "In one week, there will be a party at the castle—held in your honor."

The next day, the headmistress took the girls to the meadow near the royal estate. While her classmates ran and played, Emma noticed several seamstresses walking toward the castle gates. Emma ran up behind them and slipped inside!

She wandered the hallways until a seamstress saw her and called out, "Are you here for a fitting? Come in! Stand here, dear." She began draping fabric around Emma. When Cinderella stopped by, Emma was wearing one of the dresses.

"You look beautiful!" exclaimed Cinderella. The princess invited Emma to have tea with her.

"It must be wonderful to be a princess," Emma said between bites of a cookie. "You get to wear fancy clothes and go to parties all day!"

Cinderella laughed. "There's more to being a princess than clothes and parties. Help me this afternoon and see what a princess really does."

That afternoon, Emma and Cinderella put together baskets of goods to donate. Then they delivered the baskets to orphanages. When they arrived back at

her school, the headmistress gave Emma a big hug.

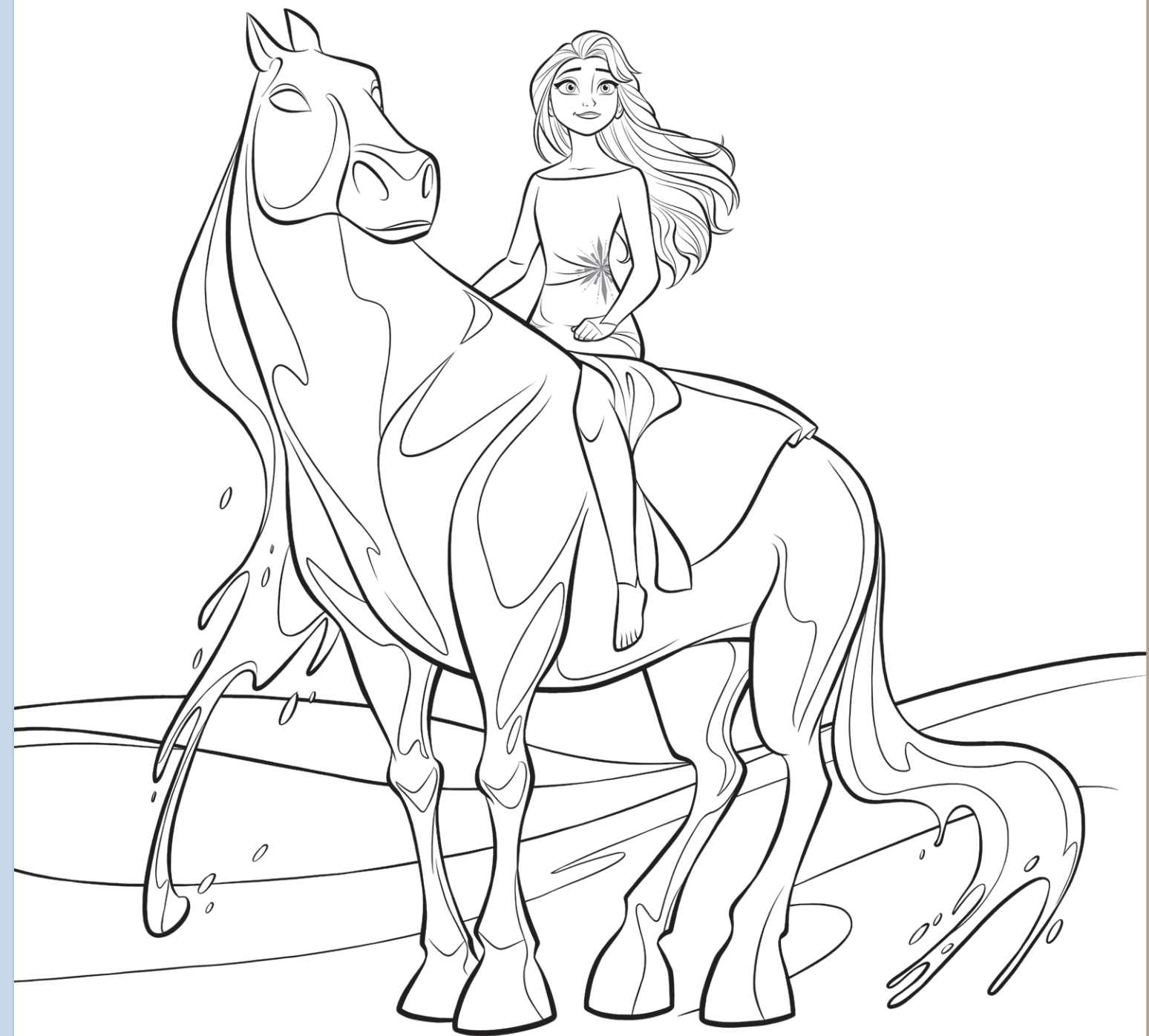
"Where have you been?" she cried. "We've been so worried!"

Emma apologized. "I just wanted to be a princess for a day," she said.

Hearing that, Cinderella decided Emma should help plan the party. So Emma helped to bake the cake.

"Because you've worked so hard, I'm going to make you an honorary princess for the evening," Cinderella said.

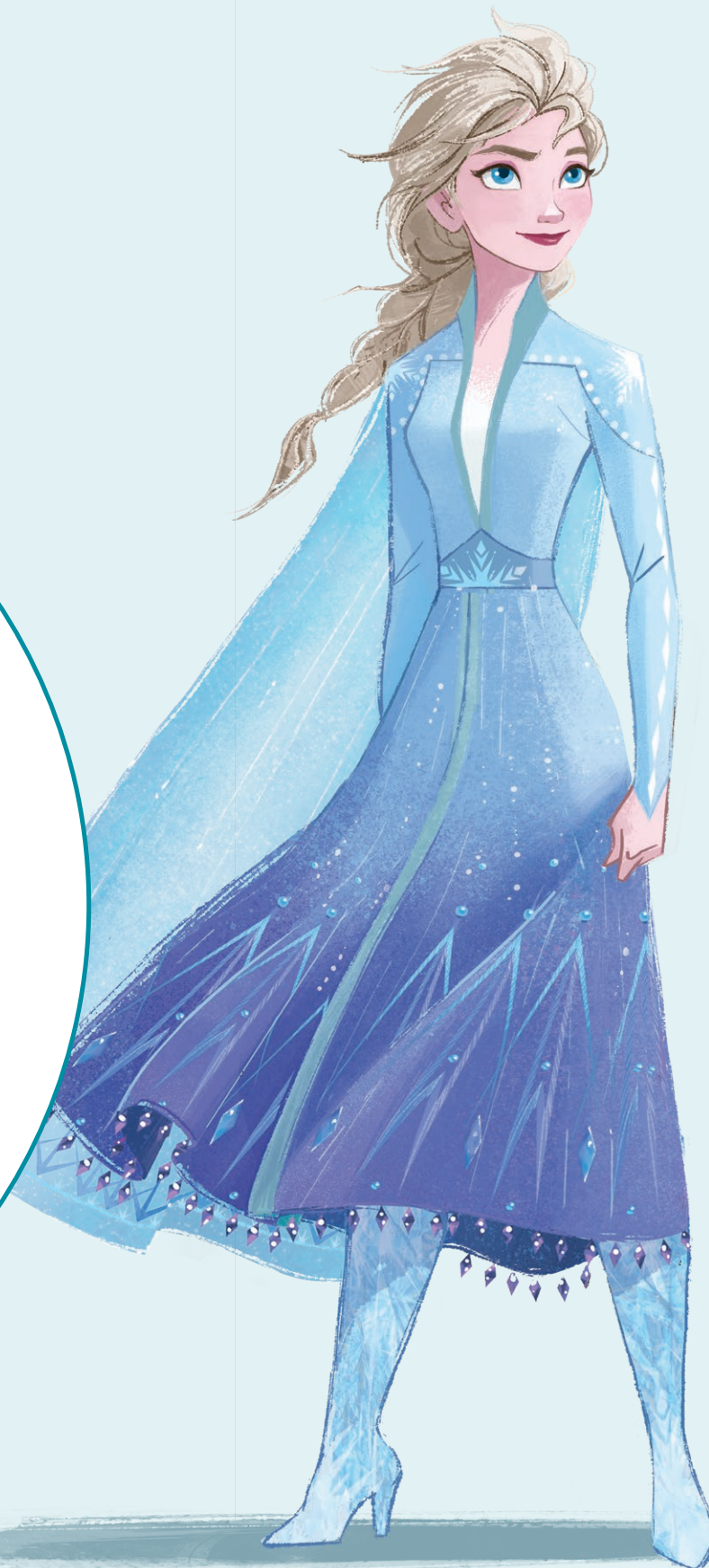
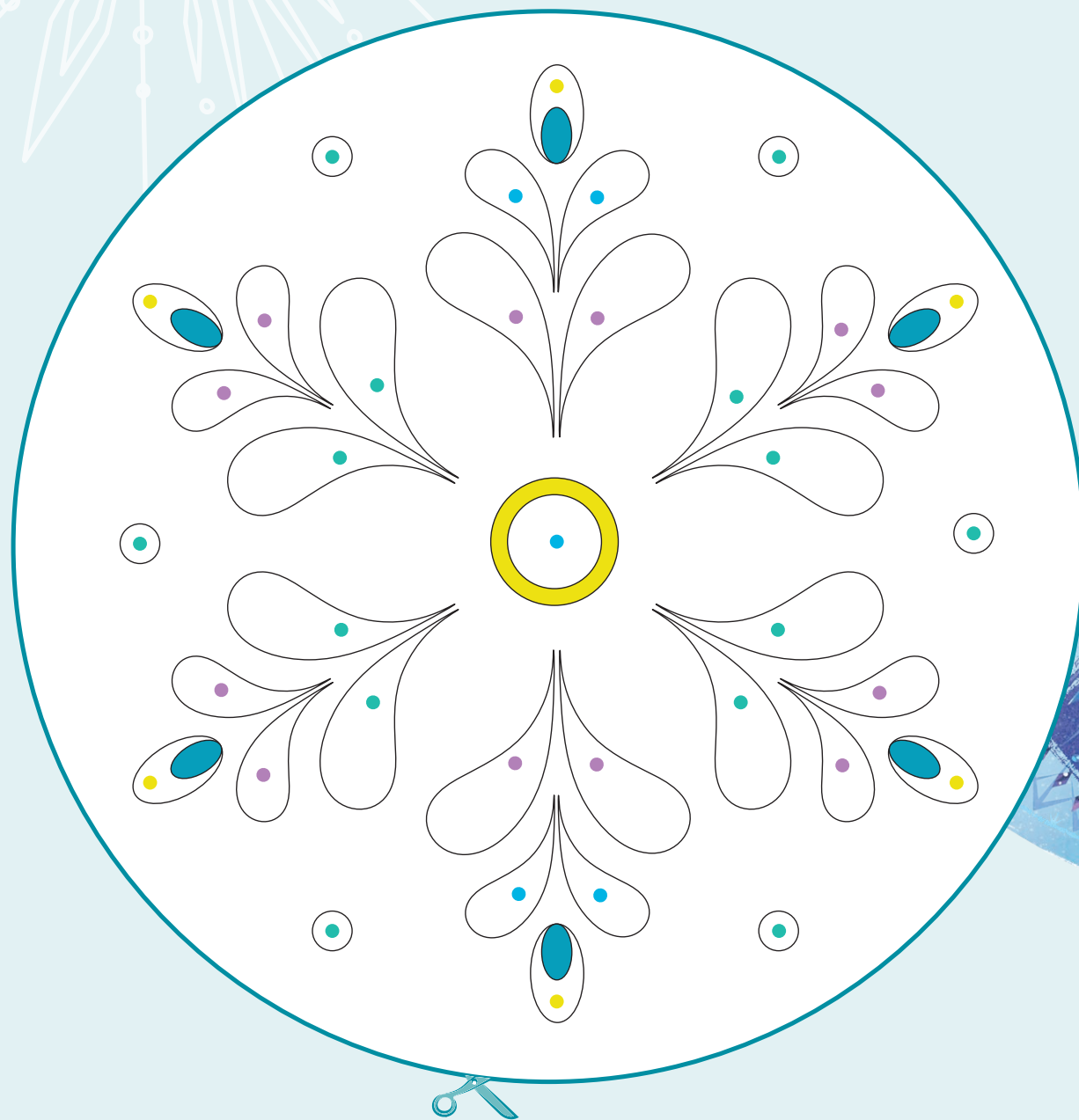
Emma was thrilled. She was going to be Princess Emma for one magical night!



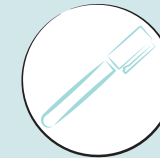
A DAZZLING ROSEMALING

USE THIS ROSEMALING DESIGN TO DECORATE YOUR ROOM WITH NORDIC STYLE, LIKE ELSA'S!

ASK
AN ADULT
FOR
HELP!



You'll Need



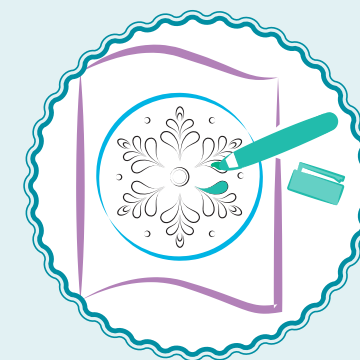
MARKERS



SAFETY
SCISSORS

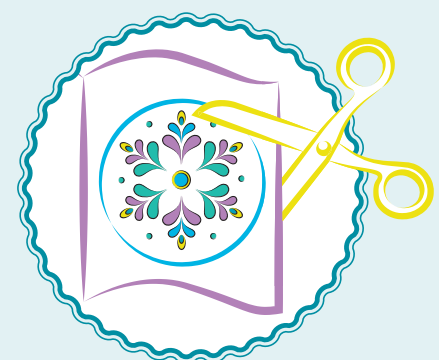


DOUBLE-SIDED
TAPE



STEP 1

Color the rosemaling design, using the dots as a guide.



STEP 2

Cut out the image, carefully following the blue line.



STEP 3

Put the double-sided tape on the back of the rosemaling.



STEP 4

Use the double-sided tape to stick the design to a window.

ASK
AN ADULT
FOR
HELP!

Serves 6

Ingredients

- 1 tablespoon olive oil
- 2 tablespoons butter, melted
- 3 tablespoons flour
- 1½ cups milk
- 2 cups white cheddar cheese, shredded
- 1 cup mozzarella cheese, shredded
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cayenne pepper
- 1¾ teaspoons salt
- 3 cups elbow macaroni (plain or whole wheat)
- 2 cups cauliflower, cooked and chopped



ELSA'S SNOWY MAC & CHEESE

AFTER ICE SKATING WITH ANNA AND OLAF, ELSA LOVES TO MAKE THE PERFECT LUNCH TO SHARE WITH HER FRIENDS—MAC & CHEESE!

Directions

1. Cook the macaroni according to the directions on the box.
2. With an adult's help, add the oil, butter, and flour to a large pot over medium-low heat, and whisk together for 3 minutes.
3. While continuing to whisk, slowly add in the milk and gently bring to a bubble. Stir in the cheddar and mozzarella cheeses one handful at a time. Season with nutmeg, cayenne pepper, and salt.
4. Add the cooked pasta and cauliflower to the pot and stir to coat with the cheese sauce.

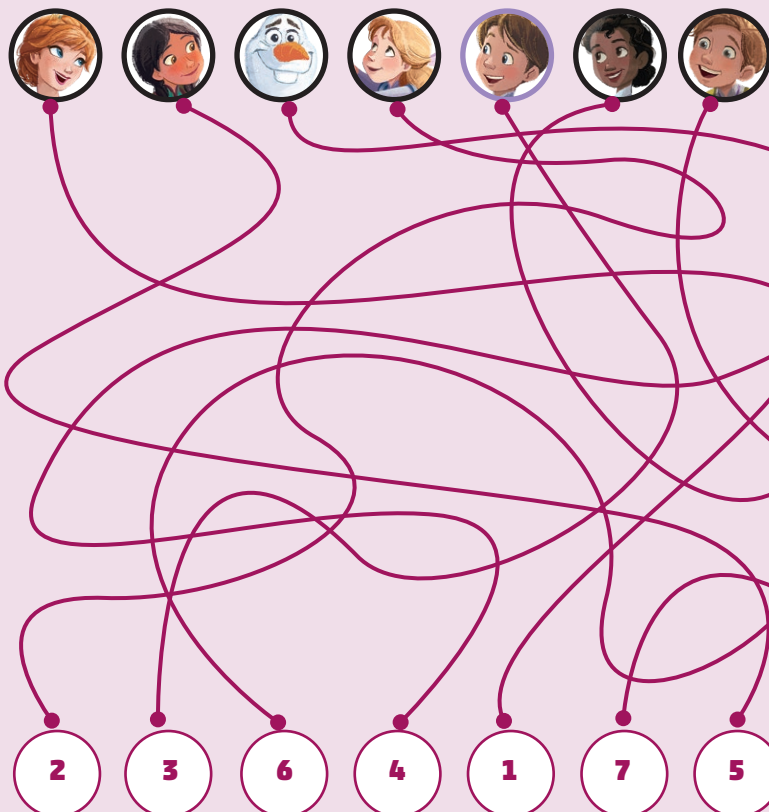


TONIGHT WE PLAY!

ANNA AND OLAF HAVE INVITED THE CHILDREN OF ARENDELLE FOR AN EVENING OF FRIENDLY GAMES AND CHALLENGES. EVERYTHING IS SET TO GO. JOIN THE FUN!

Who Goes First

Anna and her friends have found a way to establish the order of play. Give it a try! **FOLLOW** the squiggly line from each player to his or her marble. Then **COLOR** them in to match their picture frames!



Domino Challenge

Now it's time for our friends to enjoy a game of dominoes. To play along, **MATCH UP** the symbols and fill in the blanks to **COMPLETE** the sequence.



DRESS-UP DAY

Anna was bored. It was rainy and dreary and she had been stuck inside all day. She wanted something fun to do—but what?

She couldn't go down to the stables to visit Kristoff and Sven without getting wet. Olaf was up in the mountains, saying hi to Oaken. And Elsa was stuck doing queen things all day. There was absolutely no one to see and nothing to do.

Sighing, Anna headed to the library. Maybe she could find a good book to keep her busy. But when she got to the library doors, they were locked. A sign read CLOSED FOR REPAIRS.

"Well, what am I supposed to do now?" Anna said, putting her hands on her hips. Suddenly, she spotted a door she had never noticed before. It was right next to the door to the royal stage. She popped her head inside, and her eyes grew wide.

In the room were dozens of costumes. There were clown costumes and witch costumes and big ball gowns and even a mermaid tail. "This must be where all the actors get dressed!" Anna said. It looked like she had just found something to do after all!

Soon Anna was wearing one of the brightest costumes she could find. Standing in front of the mirror, she laughed as she jingled the bell on her jester's hat. Next she tried on a pair of silly red boots that made her feet pointy. She found a bright blue skirt that was shaped like a bell and a hat covered in flowers that fell over her eyes. Each outfit she put on was sillier and wilder than the last.

Anna was so caught up in playing pretend that she didn't notice when Elsa walked in and started laughing.

"Are you coming to dinner?" Elsa asked her sister.

"It's already dinnertime?" Anna asked, surprised. "I didn't realize how long I had been in here."

"And here I was, feeling bad for leaving you alone on a rainy day," Elsa said.

Anna grinned and pulled her sister toward the collection of costumes. They spent the rest of the day trying on various costumes, and they both agreed it was the perfect way to spend the rainy evening.

