

THE WONDER LIST
12 PRINCESS CHALLENGES TO COLLECT

FIND YOUR
WONDER



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CALLING ALL PRINCESSES



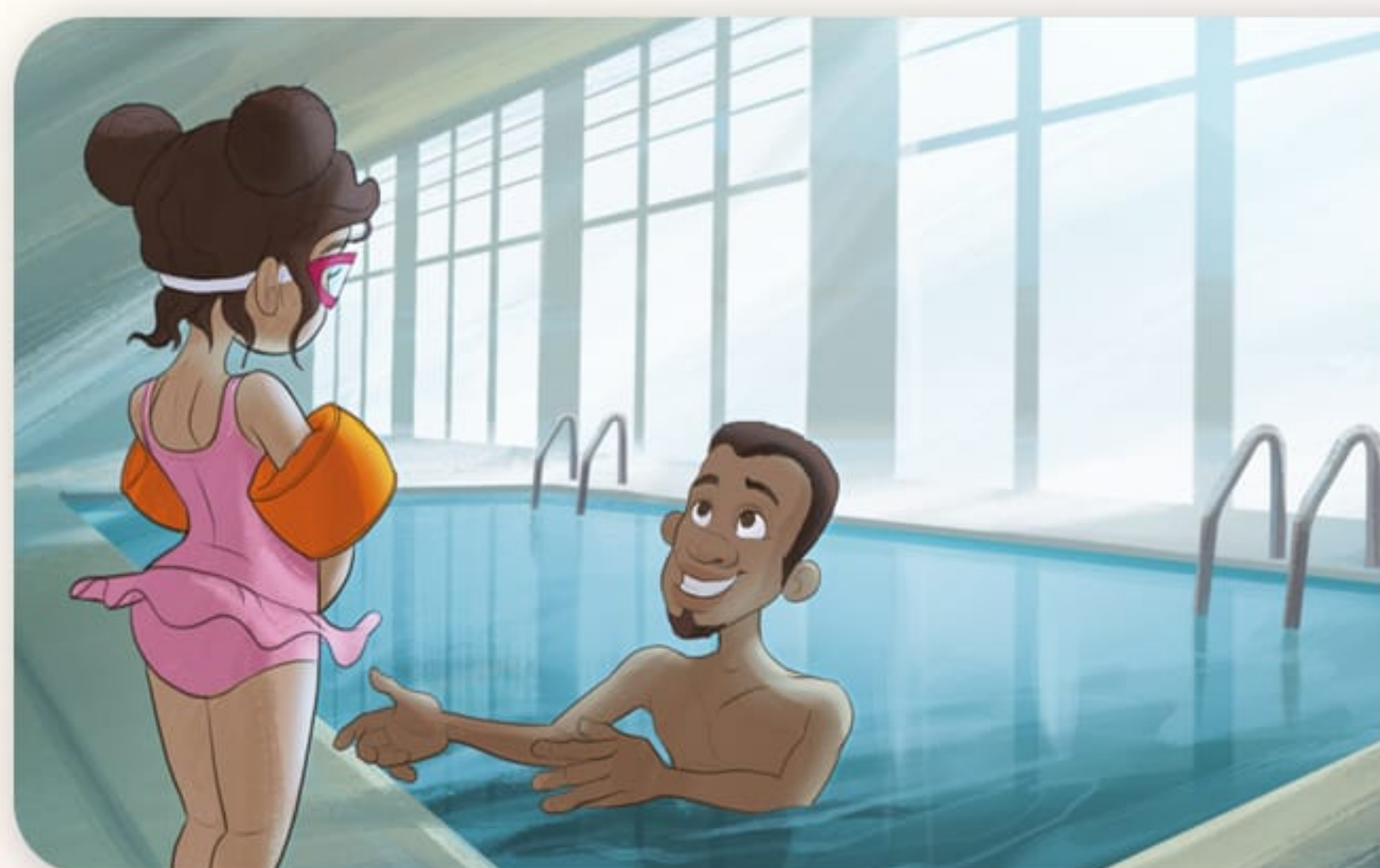
Complete this Wonder List challenge with Ariel!

It's time to take the plunge and learn some new swimming skills inspired by Ariel. Adventures await you in the glimmering waters.



Step 1: Get ready!

Pack up your favorite swimsuit, a towel, goggles and something fun that floats.



Step 2: Head to the water!

Take your grown-up to a local swimming pool. Make sure you are water-safe and water-confident. Can you swim 10 metres? Then you're ready to go. Make sure your grown up is with you. Get changed, it's time to have fun and get wet!



Step 3: Swim like a mermaid!

Swim around to get warmed up and water comfy. Now you can do anything! Can you swim like a mermaid with your legs together? Try throwing your floating toy or ball into the distance and fetching it back. Imagine it's a lost underwater treasure you have to retrieve from the depths of Atlantica.

The longer you practice, the better you will become.
You might even grow a tail-fin!

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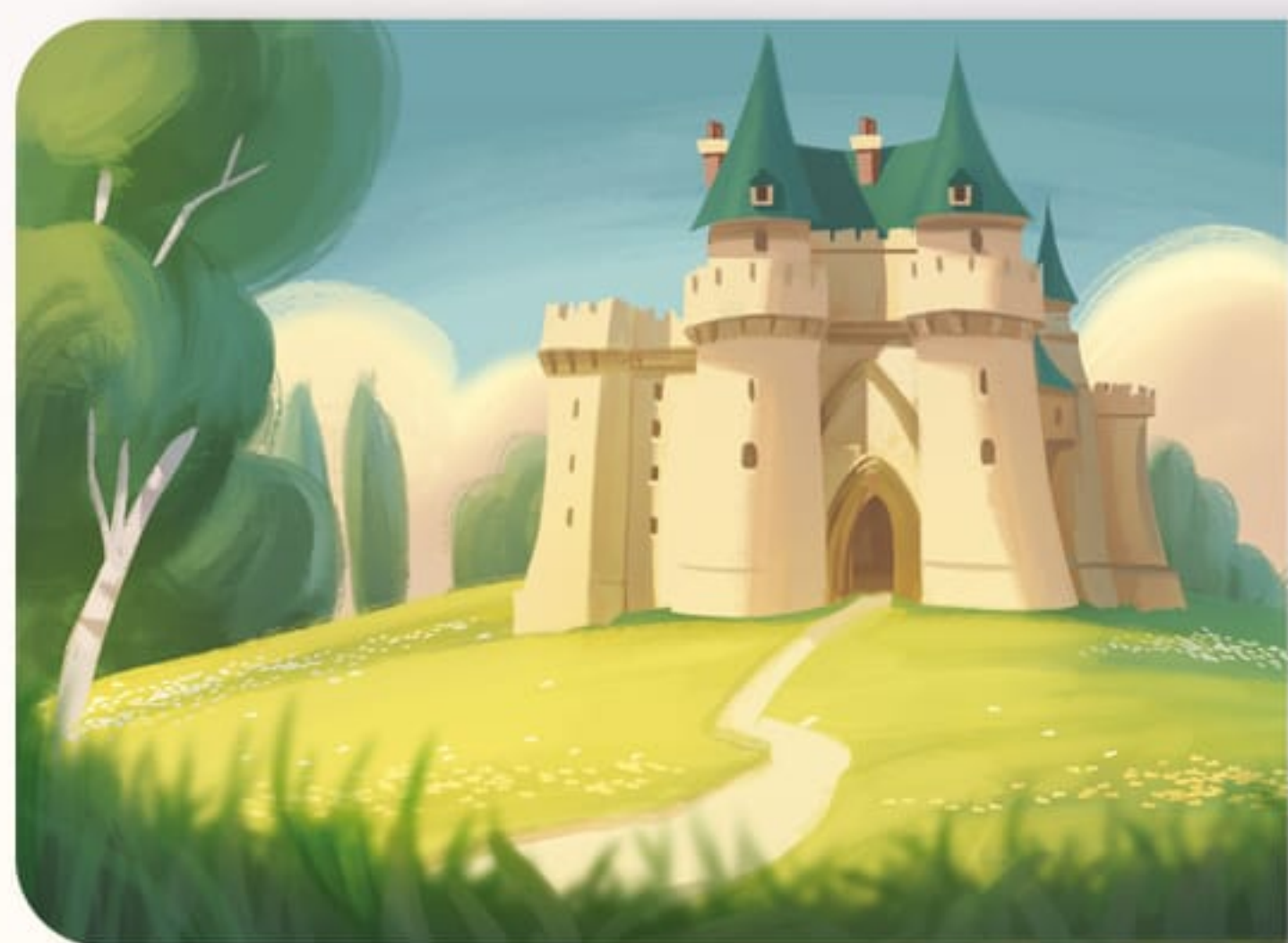
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Complete this Wonder List challenge with Aurora!

History is all around us; why not visit a nearby castle or stately home to learn about the lives of real-life Princesses?



Step 1: Plan your trip

You are about to embark on a mini adventure back in time. Ask your grown-up to help find the nearest castle or stately home.

Find out as much as you can about its history and who lived there. Dress in your favourite Princess outfit and off you go.



Step 2: Explore the history

With your grown-up wander around the grounds and walls of the ancient place.

What historical Royalty or Princesses lived there, imagine what it would be like to have wandered around the grounds all those years ago. Have a picnic and write “a day in the life” of a Princess. What did she do day to day? How did she play? What did she eat?



Step 3: Dress up photo shoot.

Once you’ve done your history tour it’s time for the grand finale! Get your grown-up to take some super cool pictures of you posing in front of the castle in your Princess dress.

Maybe you could use a filter to make them look old fashioned. Send the pictures off to family and friends and tell them all about your trip.

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Complete this Wonder List challenge with Belle!

If you like magical stories like Belle, why not design your own Princess journal? Fill it with fun pictures, sketches and write your own adventure.



Step 1: Make a Princess Journal!

Grab some blank paper, and with your grown-up's help, use wet teabags to stain them so they look old.

Once dry, fold them in half and your grown-up can staple them together, like a book. Make sure you write your name and "PRINCESS JOURNAL" on the front. Use lots of colours and styles to make it look really cool.



Step 2: Doodle Do.

Open your journal. The first page is your "day to day". What did you do today? What made you smile today? What have you had to eat?

Time to get drawing and doodling with all your favorite Disney characters!



Step 3: Once upon a time...

Try writing or drawing a princess adventure?

Start with "Once upon a time..." and the rest is up to you.

Could it be you, as your favourite Princess visiting a magical land?
Could it be you and your best friend flying on a magic carpet? Or your pet?
Fill your journal with everything you can imagine!

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Complete this Wonder List challenge with Cinderella!

A dream is a wish your heart makes! Create your own ball and dance like Cinderella. Throw your own tea party and have some fun with your toys!



Step 1: Dress up and lay the table

Dress up in your best princess frock, ready for a party.

Choose a good place and put down teacups, plates and some party decorations.

With your grown-up, you could prepare some drinks, sandwiches and snacks for your guests.



Step 2: Invite the toys

It's time for the party to begin!

Place all your toys in position for the party and let everyone get cosy. You could even get your grown-up to put on your favourite party music. Make sure everyone has a drink and something to eat.



Step 3: Make up a dance routine

Dinner is served!

Now it's time for the dancing to begin. Choose your favorite track and plan a super cool dance routine and show for your grown-ups to watch.

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Complete this Wonder List challenge with Jasmine!

Go beyond the palace walls and discover a whole new world, inspired by Princess Jasmine. With your grown-up take a trip and go on an adventure to somewhere you haven't been before.



Step 1: Hatch a plan!

Have you been to the center of town? A museum? Tried indoor climbing or is there a local park or zoo you've never visited before?

Sit down with your grown-up and hatch an adventure plan. It can be a super simple local trip or something further away as long as you've never been there before.



Step 2: What's new?

What can you see? What surprised you? What was your favorite part of the day? Did you eat something nice while you were there?

Collect as many things as you go to remind you of all the activities you have done. Grab a leaf, or a food wrapper, a travel ticket. Get creative when you get home!



Step 3: Make a collage

Sit down with your grown-up and make a lovely collage you can keep.

Perhaps you have the ticket stubs of the place you visited, a flower you found, a picture of the things you did.

Get your grown-up to put it on your bedroom wall for an everlasting memory!

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Complete this Wonder List challenge with Merida!

Ride to adventure like Merida! Saddle up your scooter, skateboard or bike and seize the day. Adventures await the brave!



Step 1: Prepare your horse.

Make sure your 'horse' (anything you can ride, bike, scooter, skateboard etc) is ready for the adventure. Are the tyres pumped? Is it clean? Have you packed your toys in the basket or a bag to join you? Do a maintenance check with your grown-up before you head out.



Step 2: Check your safety

Make sure you have your helmet, maybe even some knee pads and some good shoes or boots. Decide where you're going with your grown-up. Are you heading to the shops, whizzing round a park, or going a bit further afield? Make sure the weather is good and you have plenty of snacks and water for your trip. Adventures are thirsty work!



Step 3: Go for a Gallop!

With your destination planned, you can really start to have some fun. Imagine you are on a big horse galloping through the countryside on an adventure like Merida. Practice making turns, slowing down and speeding up, making the sound of galloping hooves or shouting "whoa!" when you're slowing down.

Your adventure awaits!

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Complete this Wonder List challenge with Moana!

Make a model boat from things around the house and see if it floats. Just like Moana if it doesn't work, try again! Let's build on our curiosity, learn from our mistakes and go on an adventure!



Step 1: Grab your materials!

There's only one rule. Can it float? Have a look round the house or in the garden with you grown up.

You can use things like twigs, ice lolly sticks and egg cartons. Find other cool things to decorate your boat and make it seaworthy.



Step 2: Build the boat!

You can use string, sticky tape or glue to put it all altogether. Get your grown-up to help you with the tricky bits and make sure it's all secure and ready for a proper sea voyage.



Step 3: Set sail.

Okay you're all ready to set sail. With your grown-up fill a bath or go outside and find a little safe stretch of water. Let's see if your boat design works and don't forget to collect it after the voyage!

How long does it float for? How far does it travel?

You could even challenge a friend or family member to a Moana boat race?

Can you make it even better with a little sail, so it's powered by the winds.

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Complete this Wonder List challenge with Mulan!

Who wouldn't love a sidekick like Mushu?

Make a dragon sock puppet and learn about the art of shadow puppetry to put on a Mulan inspired show.



Step 1: Make your Dragon!

Chat with your grown-up about what you can use. Grab an old sock to start. You could sew in eyes and felt ears with the help of a grown up, glue cardboard and toilet rolls for wings and even some fire breathing tissue paper coming from its mouth.



Step 2: Practice makes perfect

Once your sock puppet is complete get your grown-up to shine a light onto a plain wall. Practice moving your hand, breathing fire and make him talk, like Mushu. You can make him do anything!



Step 3: The show is on!

Dress up as Mulan and your hand can play Mushu. You can use cardboard to cut out trees, a Cri-Kee cricket or a Li Shang character to add to the show. Are you going on an adventure through the ancient lands of China or singing one of her songs? Ask grown-ups to watch the show and maybe film it so you can share with friends and family who couldn't attend. Let the show begin!

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Complete this Wonder List challenge with Pocahontas!

What's around the river bend? Take a nature walk and see how many creatures you can spot. Get into the great outdoors just like Pocahontas.



Step 1: Pack your bag!

With your grown-up, choose a park or local forest. Pack some snacks and drinks and put on some good walking shoes to trundle through the undergrowth and go on exciting trails and hiking paths. Let your wildlife adventure begin!



Step 2: See what you can see

Look up! Can you see any birds? Can you hear their birdsong? Try copying it. On the forest floor, you might be able to spot a squirrel or another furry friend. Try lifting stones and branches to find fun creepy crawlies and pick a flower or leaf to press at home.



Step 3: Make a wildlife Journal.

When you get home make a wildlife journal. Think of all the animals you have seen. Draw some pictures and press the flowers and plants between the pages to make some cool designs.

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Complete this Wonder List challenge with Rapunzel!

Stargazing introduces a new world of stars, planets and even galaxies. Take some time to see the light in the night sky, like Rapunzel.



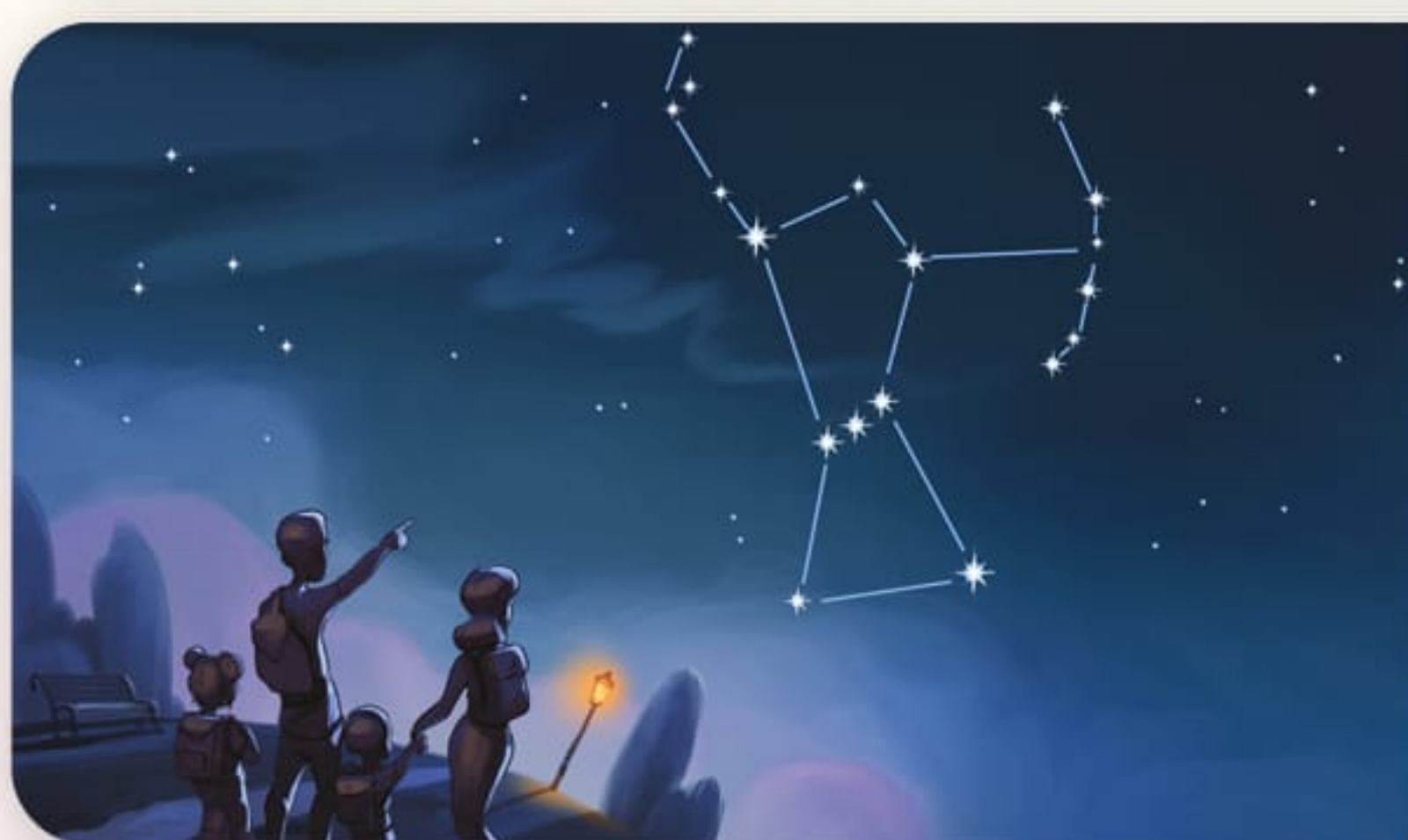
Step 1: Pack-up!

You are embarking on a mini adventure! Prepare with your grown-up by packing a blanket and a flask of your favourite drink.



Step 2: Find a spot!

With your grown-up, find a local place in a park, field or back garden. Ideally somewhere with minimal light pollution so you can see all the stars.



Step 3: Find the brightest star...

Once you have found a spot, tilt your head back and look into the sky. The longer you are outside the more you'll be able to see, as your eyes adjust to the dark.

What can you see?

- ☆ The brightest star is called Sirius. It's very close to the constellation of Orion. Can you see it?
- ☆ Look out for any shooting stars or even planets. They all shine in the night sky.
- ☆ What colors are the stars? Some might be bright and white, others might be orange. A reddish looking star could be the planet Mars.

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Complete this Wonder List challenge with Snow White!

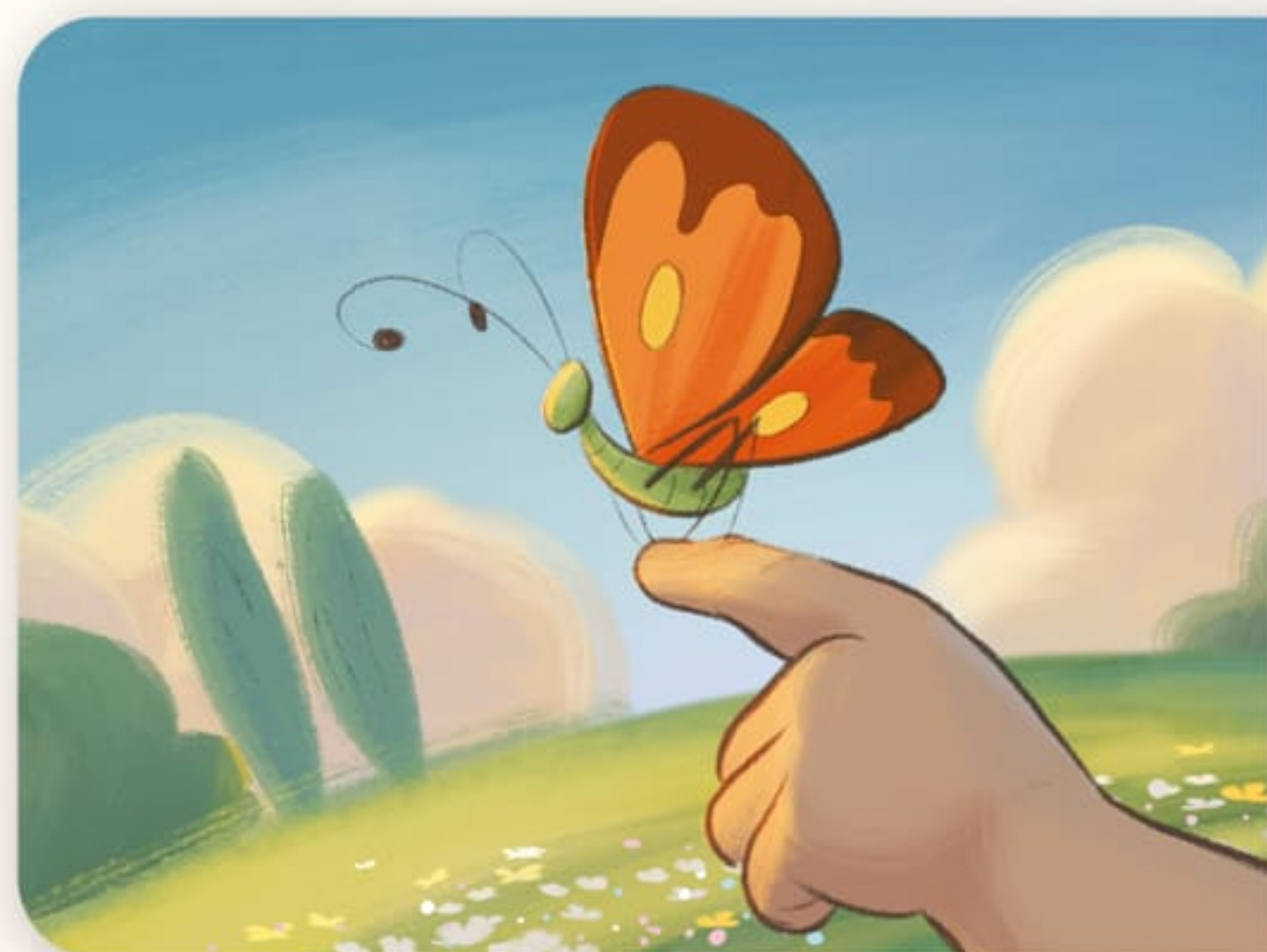
Why do animals love Snow White so much? Learn some fun tips on caring for pets or making your environment super friendly for wildlife around you.



Step 1: Make a Princess pet bed.

Do you have a pet, or do you know someone who does? With your grown-up's permission make a cozy princess bed for them to hang out. You can use cushions, blankets or if the pet is smaller, tissue paper and straw.

Decorate it in the style of your favorite Disney Princess with some pictures and fluffy toys.



Step 2: Make a bug park.

Create a little place in your garden to attract all sorts of cool insects. Put some water down, little twigs and leaves to make it cozy and even some left-over fruit for a juicy meal.

You can attract ladybirds, worms and even butterflies with your wildlife feeding station.



Step 3: Go nuts bird feeder!

Make a simple bird feeder using an old bowl or plate. Leave out nuts and fruit in the garden or on a windowsill and see who visits.

There's lots of interesting birds, squirrels and other little furry animals that will always be happy for a little meal.

Why not write a list of all the wildlife or types of birds you see and even draw pictures of them?

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Complete this Wonder List challenge with Tiana!

Be a young entrepreneur in your neighborhood and run your own bake sale for your friends and family.



Step 1: It's Baking time!

Why not bake healthy 3 ingredient oatcakes with your grown-up? All you need is mashed banana, oats and peanut butter. Mash your banana in a bowl, add the other ingredients and mix into a batter, put them into oatcake sized portions on a baking tray and get your grown-up to put them in the oven for 25mins at 180 degrees Celsius. Let them cool down and add eye-catching cake decorations to really attract attention.



Step 2: Set Up Shop

With your grown-up get a little table to set up shop in front of your house.

Don't forget to write cards with the price and make the table look lovely with princess decorations. Presentation is key! You could even dress up as a princess yourself.



Step 3: Make some money!

The table is set! Try shouting out like a proper market trader. "Cakes for Sale", "Get your yummy cakes here", "Finest princess cakes sold here"

Make sure you have a tin or safety box to keep your coins in. Get baking and good luck!