



Disney
MOANA

NOVEMBER 23
IN 3D AND REAL D 3D

ACTIVITY PACKET

Created in partnership with the Disney Nature Educational Team

Disney MOANA

Three thousand years ago, the greatest sailors in the world voyaged across the vast Pacific, discovering the many islands of Oceania. But then, for a millennium, their voyages stopped – and no one knows why. From Walt Disney Animation Studios comes “Moana,” a sweeping, CG-animated feature film about an adventurous teenager who sails out on a daring mission to save her people. During her journey, Moana (voice of Auli’i Cravalho) meets the once mighty demigod Maui (voice of Dwayne Johnson), who guides her in her quest to become a master wayfinder. Together, they sail across the open ocean on an action-packed voyage, encountering enormous monsters and impossible odds, and along the way, Moana fulfills the ancient quest of her ancestors and discovers the one thing she’s always sought: her own identity.

Directed by the renowned filmmaking team of John Musker and Ron Clements (“The Little Mermaid,” “Aladdin,” “The Princess & the Frog”), produced by Osnat Shurer (“Lifted,” “One Man Band”), and featuring music by Lin-Manuel Miranda, Mark Mancina and Opetia Foa’i, “Moana” sails into U.S. theaters on November 23, 2016.



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Dr. Lizabeth Fogel
Director of Education, The Walt Disney Studios

STORYTELLING/MYTHOLOGY

Stories have been told among civilizations since the earliest forms of communication evolved. The story of Disney's "Moana" has all the characteristics of a hero's journey.

Set in the ancient Pacific, Moana is the 16-year-old daughter of Chief Tui of Motunui who sails out on a daring mission to save her people. During her journey, Moana meets the demigod Maui, who guides her in her quest to become a master wayfinder. Together they sail across the open ocean on an action-packed voyage, encountering enormous monsters and impossible odds, and along the way, Moana fulfills the ancient quest of her ancestors and discovers the one thing she's sought: her own identity.

Over the course of their adventure, Moana learns about Maui's accomplishments as a demigod and Maui learns about her determination to fulfill her journey. Throughout the film, Maui, and his animated tattoos, act out myths that portray him performing important deeds that helped humankind. In one legend, it is said that he is responsible for lifting the sky up off the planet so that people can live more comfortably on the earth's surface. In another, he captures the sun with ropes and forces it to slow its path across the sky, allowing more time for humans to use the sun's energy and light for growing crops and other tasks. Maui is also instrumental in stealing fire from legendary birds so that people could cook their food.

All civilizations have used stories to pass along the values and beliefs that are important to their culture, as well as their attempts to explain the universe. And Polynesians are among some of the greatest storytellers in the world. Before written language, stories were conveyed through oral history; and before words and languages were developed, stories were presented through pictures, gestures and sounds.

Every compelling story has a hero, or protagonist, who must overcome obstacles. In a book titled *The Hero With A Thousand Faces*, mythology researcher Joseph Campbell first described this traditional story pattern as the monomyth. The monomyth concept has been translated into twelve distinct

stages, known as The Hero's Journey. These twelve phases outline a typical storyline through which a hero or heroine conquers the challenges presented by the antagonists, or the story's villains. Protagonists Moana and Maui go on a hero's journey together, struggling against antagonistic forces of great strength and power.

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By following the steps of The Hero's Journey anyone can write a dramatic and memorable story.

THE HERO'S JOURNEY

- 1. THE ORDINARY WORLD.** The hero, uneasy, uncomfortable or unaware, is introduced sympathetically so the audience can identify with the situation or dilemma. The hero is shown against a background of environment, heredity and personal history. Some kind of polarity in the hero's life is pulling in different directions and causing stress.
- 2. THE CALL TO ADVENTURE.** Something shakes up the situation, either from external pressures or from something rising up from deep within, so the hero must face the beginnings of change.
- 3. REFUSAL OF THE CALL.** The hero feels the fear of the unknown and tries to turn away from the adventure, however briefly. Alternately, another character may express the uncertainty and danger ahead.
- 4. MEETING WITH THE MENTOR.** The hero comes across a seasoned traveler of the world who gives him or her training, equipment or advice that will help on the journey.
- 5. CROSSING THE THRESHOLD.** At the end of Act One, the hero commits to leaving the Ordinary World and entering a new region or condition with unfamiliar rules and values.
- 6. TESTS, ALLIES AND ENEMIES.** The hero is tested and sorts out allegiances in the Special World.
- 7. APPROACH.** The hero and newfound allies prepare for the major challenge in the Special World.
- 8. THE ORDEAL.** Near the middle of the story, the hero enters a central space in the Special World and confronts death or faces his or her greatest fear. Out of the moment of death comes a new life.
- 9. THE REWARD.** The hero takes possession of the treasure won by facing death. There may be celebration, but there is also danger of losing the treasure again.
- 10. THE ROAD BACK.** About three-fourths of the way through the story, the hero is driven to complete the adventure, leaving the Special World to ensure the treasure is brought home. Often a chase scene signals the urgency and danger of the mission.



When creating the story of Disney's "Moana", the filmmakers not only relied on these 12 steps, they were deeply inspired by the oral histories and stories of the people and cultures of Oceania. Through this combination of inspiration and narrative structure, "Moana" tells a universal story.

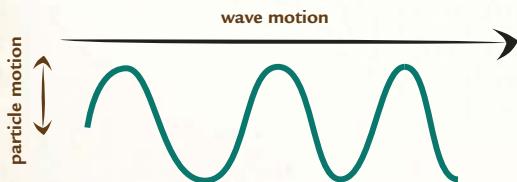
- 11. THE RESURRECTION.** At the climax, the hero is severely tested once more on the threshold of home. He or she is purified by a last sacrifice, another moment of death and rebirth, but on a higher and more complete level. By the hero's action, the polarities that were in conflict at the beginning are finally resolved.
- 12. RETURN WITH THE ELIXIR.** The hero returns home or continues the journey, bearing some element of the treasure that has the power to transform the world as the hero has been transformed. ☺

WAVES

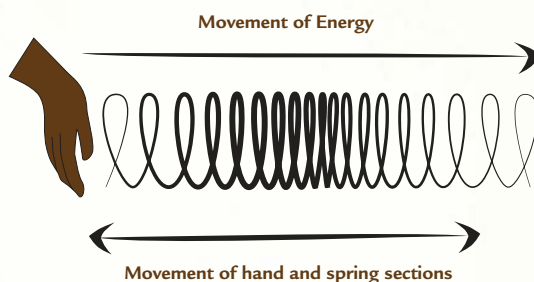
While navigating around ancient Oceania, Moana uses the power of the wind to sail her vessel.

Wind is not only responsible for helping Moana reach her destination but also creates the waves on the ocean surface. In Disney's "Moana" the ocean itself takes on the role of a character. Depending on the strength of the waves, the ocean can be interpreted as peaceful and friendly or agitated and angry. But how are ocean waves formed?

An important principle in physics is that all waves transport energy, not matter. Ocean waves are created by the transfer of energy from one source (usually wind) to water. Any disturbance to the water's surface can create waves. For instance, dropping a rock into a lake forms small ripples, which are the result of energy from the falling rock being transferred to the water. Whether small or large, the waves on the water's surface always move up and down. The energy of the wave moves in one direction, but the individual particles of water are not actually being pushed along. In other words, the water oscillates up and down with each wave but does not move closer to shore. This type of wave is called a transverse wave.



Another type of wave that exists in nature is called a longitudinal wave. Sound waves are an example of longitudinal waves. Sound is created by the transfer of energy from one air molecule to another, via vibrations. Unlike water waves, it is not possible to observe sound waves, but a longitudinal wave can be demonstrated with a spring. When springs are stretched out slightly, and one end is squeezed together, letting go of the compressed portion causes the energy from that part of the spring to transfer through the rest of the spring, moving the wave horizontally. Like the coils of a spring, sound waves are generated when energy created by a vibration causes air molecules to collide with each other in the direction that the sound is moving.



Vibrations like this are essential to every musical instrument. One instrument that is featured throughout the soundtrack of Disney's "Moana" is the Polynesian rhythm stick. Rhythm sticks are typically 8 to 12 inches long and made of bamboo or other wood, solid on one end and notched at the other to create a variety of sounds when struck together. The beat of Polynesian rhythm sticks in the film reflects the ever-changing rhythm of the ocean. The synchronization of musical sounds with varying wave action contributes to the film's choreography and portrayal of the ocean as a story character.

In nature, elements like wind and rain affect the ocean's sounds and natural changes in the tides alter the noise of the surf. The filmmakers and artists of Disney's "Moana" effectively use the rhythms and beats found in nature to further develop the character of the ocean and the soundtrack of the film. By adjusting volume, tempo and pitch, the accompanying music mimics the natural sounds, allowing the ocean character to convey a wide range of moods. ©



WAYFINDING USING EARTH'S NATURAL FEATURES

Before there were compasses, navigation apps or even Global Positioning System (GPS), people who desired to travel long distances relied on cues from the earth to judge where they were and what direction they were going.

On land it was generally easier to get oriented, using landmarks like mountains and rivers. However, out on the open ocean where only water stretched to the horizon, navigators by necessity had to get creative. Ancient voyagers found their way across the seas using knowledge of nature, the stars, the waves and the currents of the ocean.

WAYFINDING BY THE SUN, MOON AND STARS

Generally speaking, the sun rises in the east and sets in the west. During the day, you can identify which direction you are traveling by observing the position of the sun in the sky. In the morning, if your boat is headed towards the sun, you know you are traveling east. Later in the day, if you stay on an easterly course, the sun will remain behind you. This reading of the sun aided navigators in traveling toward their destination; however, on a cloudy day this method of navigating became less reliable.

After the sun sets, the moon and stars offer further clues. Generally, the moon also rises in the east and sets in the west. Because the earth rotates on its axis, the stars — like the sun and the moon — appear to move across the sky from east to west during the night. The constellation Orion (The Hunter) is easily identified by three bright stars in a short, straight line, which comprise the hunter's belt. The first of those three stars to rise in the evening points the way east. Where it sets indicates due west. Astronomers call this star Mintaka.

However, there is one star that does not change its position: The North Star, or Hōkūpa'a. The North Star remains constant while the earth rotates because it is directly above the north pole. Navigators would locate the North Star by finding the Big Dipper, which some say looks like a saucepan. The two stars that create the pouring edge of the saucepan are the "pointer" stars. By capturing the distance between the two pointer stars and moving their eyes five times that distance in the direction that they point to, navigators could locate Hōkūpa'a. Directly beneath this star is true north, which guided ancient voyagers on their journey.

Water in the ocean moves because the Earth rotates.



WAYFINDING USING EARTH'S NATURAL FEATURES

WAYFINDING THROUGH OCEAN CURRENTS AND WAVES

Before exploring how ancient voyagers could use ocean currents to navigate, it helps to understand why ocean currents exist in the first place. Water in the ocean moves because the Earth rotates. The Earth's rotation on its axis from west to east causes ocean currents to move from east to west. Therefore, in still water with no wind, a boat will drift from east to west.

There are five constantly moving ocean systems, or gyres, that are created through a combination of surface winds and the rotation of the Earth on its axis: Indian Ocean Gyre, North Atlantic Gyre, North Pacific Gyre, South Atlantic Gyre, South Pacific Gyre.

Along the borders of these gyres exist currents that are also fairly stable and predictable. Because these systems of water movement remain relatively consistent, navigators who were familiar with the direction and speed of the gyres and currents could also use them to help determine their location in the ocean.

Skilled navigators could pick up information through observing the behavior of waves. Waves on the open ocean act differently than waves close to shore.

Long before an island comes into view, the waves shift slightly due to the object they traveled around. By observing these minor changes, navigators were able to predict the presence of land.

MAPPING THE OCEAN

While learning to navigate using natural elements required one set of skills, it was also helpful to be able to describe the typical path from one point to another. Whereas a land-based route could be etched into wood or stone, ancient voyagers used other creative methods of documenting their knowledge of pathways across the sea.

One technique used to describe the best route from one island to another was a stick chart. Commonly made from coconut fibers and shells, stick charts visually represented major ocean swells and wave patterns and the known islands that influenced their size and direction. Each shell or bit of coral pebble symbolized an island, while fibers in between indicated predictable waves and currents. Each stick chart was unique and was memorized before the excursion.

Undoubtedly these talented navigators mentored younger members of their tribe, teaching them to read the sky and the waters to design their own stick charts. Just as demigod Maui taught Moana how to follow the rhythms of the ocean, learning was passed down from one generation to the next, allowing the collective knowledge of the community to grow as ancient navigators explored ever more distant islands. ©



**STICK
CHART**



SEA TURTLES



Sea turtles have existed on planet Earth since the time of the dinosaurs and play an important role within the story of Disney’s “Moana.” Today there are seven species of sea turtles: loggerhead, green, leatherback, hawksbill, Kemp’s ridley, Olive ridley and flatback.

NATURAL HISTORY

Sea turtles are marine reptiles that spend most of their lives in the ocean. How do these massive, cold-blooded, air-breathing reptiles take to the ocean so well? They do this through specialized adaptations. Sea turtles’ streamlined bodies are remarkably adapted to ocean life. Their front legs have been modified into elongated flippers that they use for swimming, while their short, wide hind flippers act as rudders for steering. Their vision underwater is better than ours, and they have an acute sense of smell for locating food. Although they live in the ocean, they must come to the surface to breathe air. Sea turtles usually surface every 20 minutes to breathe, but during periods of rest they can stay underwater for several hours.

Different species of sea turtles eat different types of food, and young sea turtles have a different diet than adults. Common prey includes jellyfish, crabs, shrimp, sponges, snails and mollusks. They also eat plants like seaweed and algae. Sea turtles are one of the few marine animals that eat seagrass. Like a regular lawn, seagrass grows best when it is regularly cut short. Seagrass beds shelter the eggs and small offspring of many species of crustaceans, fish and shellfish. Without healthy seagrass, the marine food chain is deeply affected.

Young sea turtles spend their lives resting, migrating with the seasons and moving between habitats. Male sea turtles never return to land, and females return only to lay eggs. Upon reaching maturity (25 to 50 years of age) females return to the same beach where they were born to lay their eggs. They emerge from the sea at night, crawl above the tide line and dig a nest in the sand with their wide back flippers. After laying an average of 100 ping pong ball-sized eggs, they cover the nest with sand and return to the sea. Females repeat this process five to six times during their summer nesting season—laying about 600 eggs—and then migrate back to their home waters until they return to nest again the next year.

Scientists estimate that only one in a thousand hatchlings survive to become an adult sea turtle. Beach predators like raccoons and sand crabs can snatch them up as soon as they emerge from their eggs. Hatchlings that successfully make it to the ocean can fall prey to predatory fish and birds. Sand castles, beach furniture, sand pits and trash can block their path to the sea—or their mother’s attempts to lay eggs in the first place. Hatchlings can confuse lights on roads and buildings with the natural glow of the night sky over the sea and head in the wrong direction, away from the water. ©

Five out of the seven species of sea turtles are listed as endangered, and conservation organizations around the world have focused their efforts to reduce the global decline of these species.

CONSERVATION CONCERNS

Although a number of threats to sea turtles are accidental, they are no less deadly for these peaceful marine creatures. The main reasons why many sea turtle populations are in danger include:

- Bycatch, or the entanglement of sea turtles in nets and lines of commercial fishing boats, which inhibits their ability to surface and breathe.
- Lights and barriers on nesting beaches.
- Loss of seagrass and coral reefs, which depletes an important food source for many turtle species.

Other threats to sea turtles include accidental boat strikes, water pollution from oil spills and fertilizer run-off and discarded plastics that turtles mistake for food. In some countries sea turtle eggs are harvested and eaten, and the turtles are killed for their meat and beautiful shells, which are used to make jewelry and other luxury items.

TAKING CONSERVATION ACTION

It is commonly said that in order to conserve a species, one must first care about it. This sense of caring for another living thing is called empathy. Animal scientists often develop empathy for the species they study. Being empathic helps them see the world from the animal’s perspective and can help the scientists understand how to save them. For example, recognizing that entanglement in fishing lines below the surface was causing sea turtles to drown, a NOAA scientist designed an innovation in fishing nets, called a Turtle Excluder Device, or TED. Fishing nets with TEDs provide an escape hatch for sea turtles so they can surface to breathe while keeping the intended fish catch inside the net. As a result, fewer sea turtle deaths are caused by commercial fishing.

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RESOURCES

The Mythology Teacher

<http://mythologyteacher.com/documents/TheHeroJourney.pdf>

The Writers Journey

http://www.thewritersjourney.com/hero's_journey.htm

Sea Turtles: Disney Animals

<https://disneyworld.disney.go.com/attractions/epcot/disney-animals-sea-turtles/>

Arkive

www.arkive.org

Sea Turtle Conservancy

<http://www.conserveturtles.org>

Smithsonian Ocean Portal

www.ocean.si.edu

Physics for Kids

<http://www.ducksters.com/science/physics/waves.php>

Transverse & Longitudinal Waves: Definition & Examples

<http://study.com/academy/lesson/transverse-longitudinal-waves-definition-examples.html>

Boundless Physics Hub

<https://www.boundless.com/physics>

Waves - Tutorvista

<http://physics.tutorvista.com/waves>

Natural Navigator

<http://www.naturalnavigator.com>

National Geographic Society

<http://nationalgeographic.org/media/micronesia-stick-chart/>

Polynesian Voyaging Society

<http://www.hokulea.com>

Polynesian Cultural Center

<http://www.polynesia.com>

PBS NOVA Polynesia's Genius Navigators

<http://www.pbs.org/wgbh/nova/ancient/polynesia-genius-navigators.html>

Westervelt, W. D. *Legends of Ma-ui – a Demi God of Polynesia, and of His Mother Hina*. Honolulu: Hawaiian Gazette, 1910. Print. ISBN-13: 978-1125401057



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WHAT YOU CAN DO...

Moana's protection of a sea turtle hatchling on the beach is a remarkable moment showcasing her kindness and empathy towards animals. On a daily basis, scientists and conservationists work to reverse the decline of endangered species and you can too. Throughout the oceans of the world animals both large and small face threats to their survival including habitat destruction, pollution and unsustainable fishing practices. You can help protect these animals. By learning more about species like sea turtles, you are on your way towards helping protect animals in your own backyard and beyond! Knowledge creates awareness, which can lead to action. A positive attitude towards all animals can help make a conservation impact when combined with actions that benefit the world around us. Think about ways you can help these animals.

REDUCE, REUSE, RECYCLE

Reduce your consumption to achieve a smaller "footprint." Reuse items that normally are tossed into the trash and recycle everything you can. Recycling and reusing reduces waste and saves precious resources. It also keeps items like plastic bags, water bottles and balloons out of the ocean, where animals may mistake them for food.

BECOME AN OCEAN EXPERT

To expand your knowledge of wildlife in the world around you, visit the ocean or your local AZA-accredited aquarium or zoo. You can also learn more about ocean animals like sharks, rays, coral reefs and sea turtles by visiting DisneyAnimals.com. Don't forget to share your ocean knowledge with family and friends by celebrating World Oceans Day on June 8th!

CHOOSE PETS WISELY

Home aquariums are a great way to learn about animals and connect with nature. Make sure to choose a type of fish that best fits your lifestyle. Saltwater aquariums are tricky for beginners, so consider a freshwater aquarium instead. Always select appropriate aquacultured* fish as a first choice for your home aquarium. For the well-being of your fish and other wildlife and their habitats, never release fish into the wild.

CONNECT WITH NATURE

Explore the natural world around you. Take a nature walk or hike with your family and friends to learn more about wildlife in your community. Explore the beach and spend time watching wildlife near the shore. You can even participate in a beach cleanup during your next visit to the ocean!

BE DRAIN SMART

Remember that all drains lead to the ocean. Keep paint, motor oil, grease, cooking oil, cleaning supplies and trash away from drains. Instead, recycle or dispose of these and other items properly.

MAKE WISE CONSERVATION CHOICES

When shopping, before you toss an item into your cart ask yourself, is this sustainably sourced? It is important to know where products like shells and other oceans items come from. Choosing wisely while dining out is another way you can make a difference. Make sustainable seafood choices by visiting seafoodwatch.org to find recommendations for which seafood to buy or avoid.

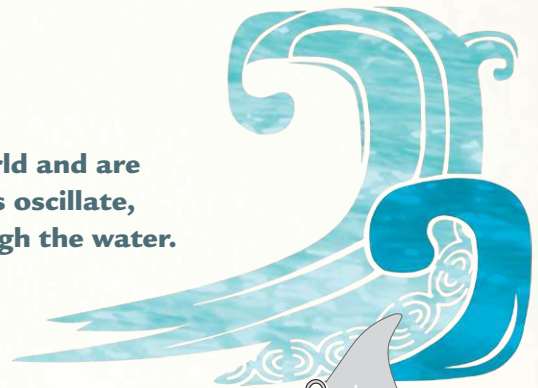
*Aquaculture is the raising of fish in managed environments to help relieve stress on wild populations.



The Disney Conservation Fund (DCF) has helped protect many of the species seen in Disney's "Moana" including coral reefs, sea turtles, sharks and rays. As part of Disney Citizenship, DCF in honor of its 20th anniversary, announced the "Reverse the Decline, Increase the Time" initiative – aimed at reversing the decline of 10 threatened species through scientific research, community collaboration and increasing the time kids spend in nature. The fund supports nonprofit organizations that work to reverse the decline of threatened wildlife, and increase the time kids and families spend in nature to inspire them to care for the planet. DCF has supported more than 300 nonprofit organizations and more than 1,000 conservation projects worldwide. Take a tour of all of these projects, present and past, by visiting the Disney Conservation Fund website at www.disney.com/conservation.

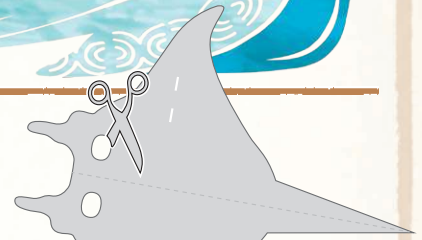
ACTIVITY
MAKE A MANTA RAY

Manta rays are some of the largest rays in the world and are symbolic in many Polynesian cultures. These rays oscillate, or flap their winglike fins up and down, to move through the water. Make a moving manta ray puppet with the directions below to tell your own story!



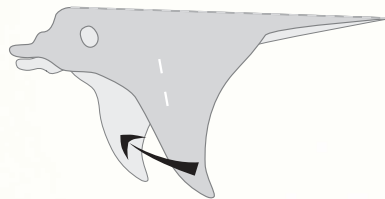
1

Cut 2 pieces of string so that they are each 10 inches long. Next, cut along the outline of the ray on the next page and cut out the dashes and ovals inside of the ray.



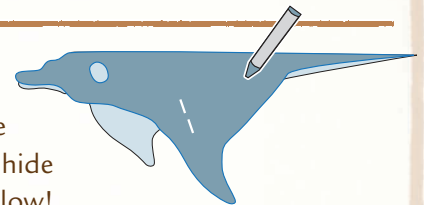
2

Create a crease along the gray line. You can do this by folding your ray in half, like it's giving itself a high-five, and then unfolding it.



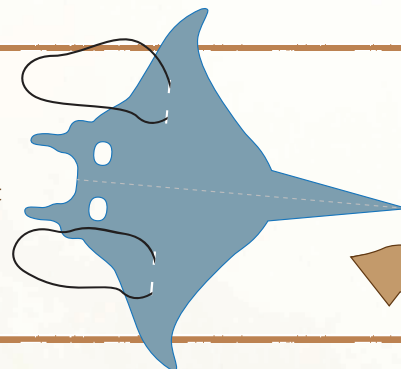
3

Use paint, markers or crayons to give your manta ray countershading. Countershading is coloring that is darker on the top side of the body and lighter on the bottom. It helps animals hide from predators that could be looking for them from above or below!



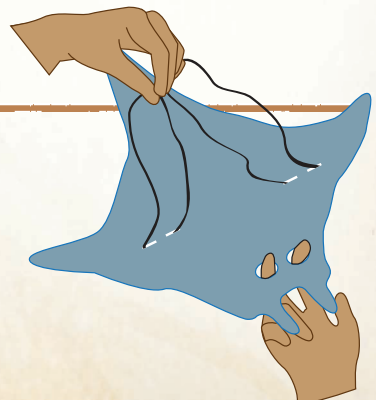
4

Weave one piece of string through the dashes on the left fin. Tie the ends so that the string creates a loop and most of the string rests on top of the ray. Repeat this for the right side.



5

Put two fingers through the cut-out ovals in your ray. Hold the strings with your other hand above the ray, quickly pull them up and down and take your ray for a swim!



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(FOLD LINE)

**MANTA RAY
TEMPLATE**



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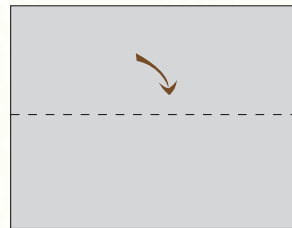
Boats, rafts and canoes have been used to explore our planet's waterways for thousands of years. Though sometimes constructed differently, all sea vessels are guided by natural forces like water currents and wind. Ancient voyagers created specific sea vessels for different uses and experimented with different designs. Now you can experiment with sea vessel design. Use the process below to design and create a watercraft that you believe could navigate the Polynesian islands, or use the directions on the next page to construct a more traditional sea vessel!



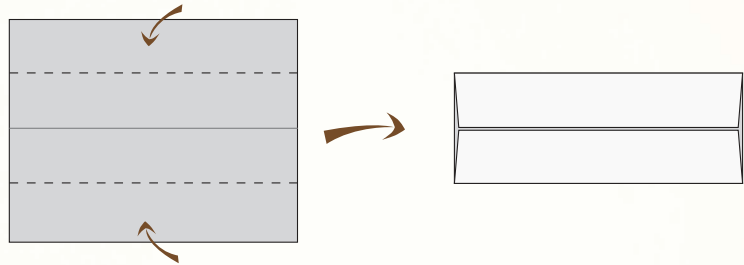


ACTIVITY
CRAFT A CANOE

- 1** Fold your paper in half to make a crease down the center. Then, unfold it.



- 2** Next, fold both sides in so that they align with the crease.



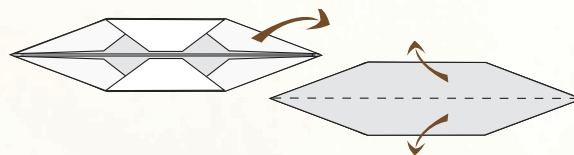
- 3** Then fold each of the four corners down so that they align with the center.



- 4** Fold the corners over to the center again, so that all four align.



- 5** Fold the sides in toward the center so that they make two at edges pointing at each other.



- 6** Flip your paper over and carefully pull the bottom center folds up turning the boat inside out, so that the bottom folds now form the inside walls of your boat. It may be easier to begin this process from the ends of the canoe.



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ACTIVITY MAPPING ADVENTURES



Thousands of years ago, ancient navigators relied on wind, waves, clouds, seabirds and other natural elements to guide them at sea. Some voyagers would create stick charts, or basic maps, out of coconut fiber and shells to remind them of navigational patterns or noteworthy locations.

Create a stick chart of a place you've explored! Gather some natural materials such as twigs, pebbles or leaves and follow the directions below.



FIRST...



Think of a place where you are an expert navigator. It could be any place you know really well – your backyard, your favorite section of a beach or a place in a nearby park!

NEXT...



Create a frame for your chart that looks like a grid. You can weave together bendable sticks or use string to tie together more rigid branches. Ancient ocean navigators often used straight sticks to represent the direction the waves were going and curved sticks to show ocean swells.

LAST...



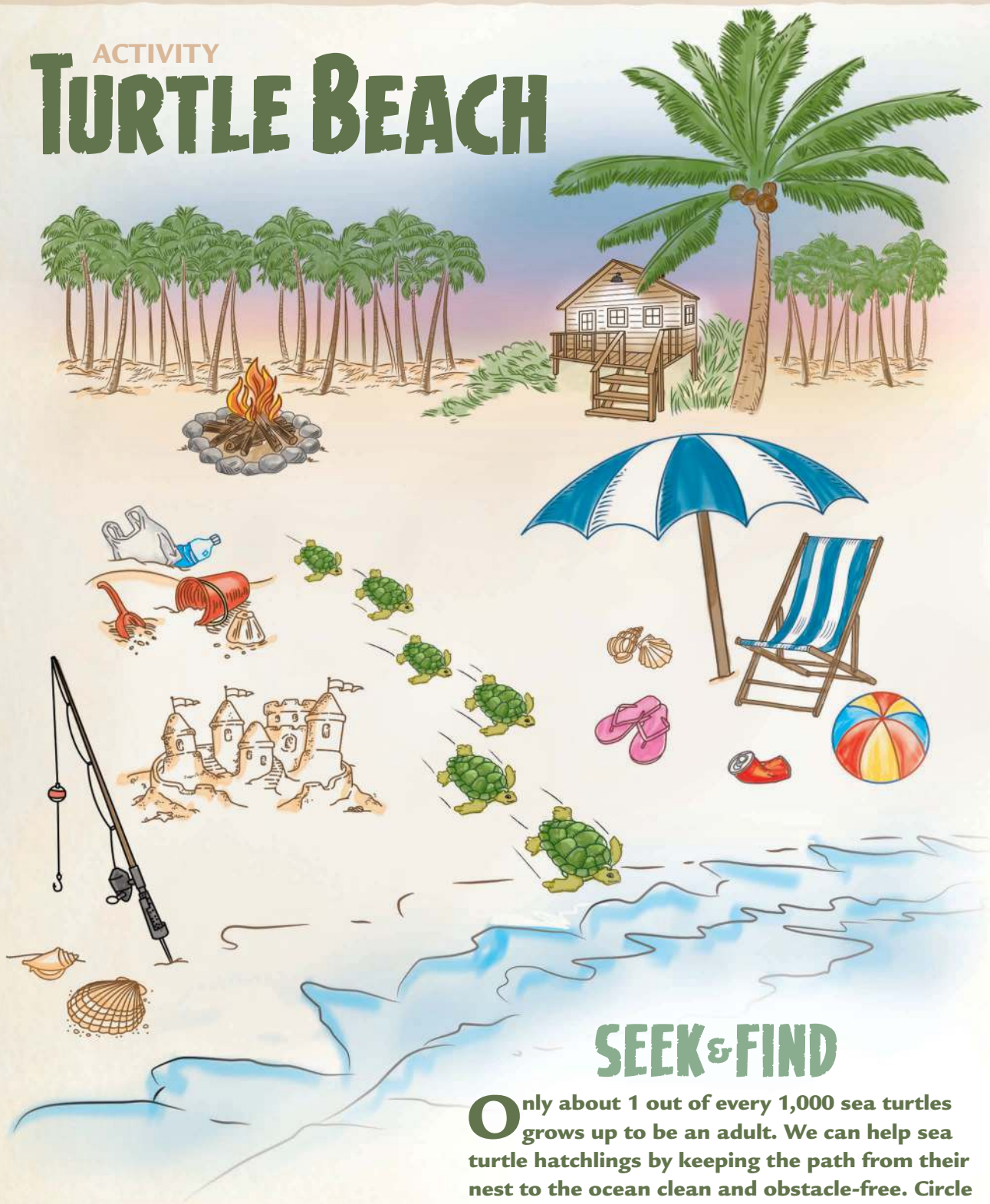
Ancient ocean navigators also used shells to represent islands on their ocean maps. Add natural items to the grid that mark your favorite places or spots on your map, like a hill, landmark or hidden spot! Remember to avoid picking items from living plants and instead look for already fallen leaves, twigs, etc.

KEEP GOING...



If your map seems difficult to read, you've done it right! Stick charts did not include a key and sometimes only the chart-maker could read them. Challenge your friends and family to use your map to navigate to a secret spot!

ACTIVITY
TURTLE BEACH



SEEK & FIND

Only about 1 out of every 1,000 sea turtles grows up to be an adult. We can help sea turtle hatchlings by keeping the path from their nest to the ocean clean and obstacle-free. Circle all 12 human-made obstacles that could block a hatchling's journey and remember to pick up your toys and trash the next time you visit the beach!

Answer Key: 1. Ball, 2. Umbrella, 3. Soda can, 4. Plastic bottle, 5. Plastic bag, 6. House lights, 7. Shovel and pail, 8. Pair of flip-flops, 9. Sandcastle, 10. Fire, 11. Fishing pole, 12. Beach chair

ACTIVITY
A CONSTELLATION OF
TIME CAPSULES

On their adventure, Moana and Maui learn about their strengths and weaknesses. You, too, are on your own journey of self discovery. One great way to remember your unique journey is to create a time capsule. Answer the questions on the following page to capture who you are right now. Cut out the strips along the lines and follow the directions to create your own star-shaped time capsules. Put them in a safe place to discover again later and think about what you learned about yourself along the way!

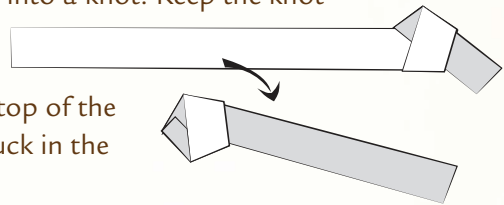
1

Fill out and cut out the strips of paper on the next page.



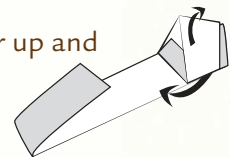
2

Fold each strip into a knot. Keep the knot loose and gently move it towards the top of the paper. Then, tuck in the loose end.



3

Begin folding the long end of the paper up and around the pentagon shape. It should wrap naturally around each side.



4

Once you have finished wrapping the paper around, carefully tuck the tail end in to one of the folds.



5

Carefully begin pinching the sides between the corners to create a star shape.



6

Place or hang your time capsules in a special place to be opened later!



Disney MOANA



 <p>My favorite thing to do is _____</p>	
 <p>I feel happy when _____</p>	
 <p>I laugh when _____</p>	
 <p>My favorite time of year is _____</p>	
 <p>My favorite snack is _____</p>	
 <p>My greatest adventure will be _____</p>	
 <p>My biggest fear is _____</p>	
 <p>One thing I would change about the world is _____</p>	
 <p>I feel sad when _____</p>	
 <p>My favorite animal is _____</p>	
 <p>One thing I want to learn is _____</p>	
 <p>I can help the world by _____</p>	