

Princess Fun Challenge Pack



This pack was put together by the unit teams of 1st and 4th Barnehurst Rainbows and 4th Northumberland Heath Rainbows as part of their Princess Fun lockdown sleepover.

In this pack you will find a selection of activities based around various Disney films (which all have a princess in them) as well as real life princesses.

Badges can be ordered using the order form at the back of the pack.

We would love to see what you and your units get up to when completing the badge and you can share this on social media with us on any of the details below:

@4thNorthHeath

@GGERithCrayDiv

@BarnehurstRain1

#PrincessFun

Hopefully, we have included a real variety of activities and also lots of resources to help too.

There is no requirement to complete a set amount of activities, we have highlighted a couple of opportunities for links with the Girlguiding programme. If you spot any other overlaps, please do let us know as we can amend the pack for others 😊

If you have any questions, or have any suggestions of additional activities, please do get in touch through email: barnehurstainbows4@gmail.com

Cinderella

Glass slipper

(you could use this activity as part of 'Shoe Show' UMA – Express Myself for Rainbows)

When the Fairy Godmother helps to get Cinderella ready for the ball, she gives her glass slippers, of which one gets left behind. Can you create your own glass slipper? Start by thinking all about different types of shoes and when we use them, then consider what would make the glass slipper not fall off and what adaptations you can make to use them for different purposes.

Cleaning

Cinderella is always looking after her stepsisters by cleaning the house and doing their washing and making breakfast. Have a go at cooking a meal or cleaning the house and find out about how to use a washing machine.

Paper Plate Mouse

Equipment

- Paper Plate
- Paper – patterned and plain
- Paint – Grey
- Black marker
- Glue
- Scissors

What to do

1. Cut the paper plate into the shape of a mouse
2. Paint plate with grey paint
3. Cut circles from patterned paper for ears, a smaller circle for nose and a curly piece for the tail.
4. Glue this cut pieces into place
5. Colour another small circle black and glue in place



Design a ballgown

(you could use this activity as part of 'Trash Fashion' UMA - Brownies Take Action)

Cinderella was designing her own gown for the Prince's ball before it was ruined by her stepsisters. Can you have a go at using recycled materials to create your own ballgown for either yourself, or for a soft toy/doll.



Peg Mice

Equipment

- Pegs
- Bottle Tops
- Wobble Eyes
- Pom Pom
- String
- Glue

What to do

1. Glue pom-pom nose onto end of peg along with some string for whiskers
2. Glue on wobble eyes
3. Use more glue to hold bottle tops in place as ears
4. Add a further piece of string to opposite end of peg as the tail
5. If wanted wooden pegs can be painted before use. Strong glue is required for plastic pegs



Pumpkin Treat Bag

Equipment

- 10" X 10" piece of orange felt
- 3" X 6" piece of light green felt
- 3" X 6" piece of dark green felt
- Two 30" lengths of green wool
- Plastic needle (optional)
- Hole-puncher
- Glue

What to do

1. Cut out a 9" diameter circle from the orange felt and three leaves from the green felts
2. Punch 16 holes around the circle using the hole puncher. The holes should be about 1/2" inch in from the edge and about 1 1/2" apart
3. Thread one of the lengths of green wool through the holes. Tip: If you aren't using a plastic needle you can wind some tape around the end of your wool to make it easy to thread
4. Tie the two loose ends of the wool together in a knot
5. Thread the remaining length of green wool starting at the holes directly opposite the knot
6. When you've threaded the wool right around the circle, tie the two loose ends together in a knot
7. Pull on the woollen strands to close your pumpkin pouch
8. Take each leaf, bend its stem over a strand of wool and glue the top of the stem onto the base of the leaf
9. Your bag is now ready to use



Cinderella's Pumpkins

Ingredients

- Satsuma or similar easy peel fruit
- Celery

What to do

1. Peel satsuma
2. Cut a small piece of celery and place in top of satsuma to represent the stalk



Pumpkin Surprise

Equipment

- Orange tissue paper
- Plastic wrap = optional
- Green curling ribbon
- Green washi tape or florists tape
- Wobble eyes - optional
- Scissors
- Wrapped and unwrapped sweets

What to do

1. Cut a 12" square of tissue paper
2. Place a sheet of plastic wrap a little bit smaller than this on top of tissue paper if using
3. Place sweets onto plastic, wrap round and shape it into a squashy ball for your pumpkin
4. Then, one at a time, bring the corners of the tissue paper square up to meet in the middle. Smooth the tissue around the plastic-wrapped ball, allowing the paper to fall into vertical folds to resemble the lines in a pumpkin
5. Twist the tissue paper at the top gently to tighten the pumpkin surprise and secure the stem. Cut the top off the tissue paper to make a flat stem
6. Then wind your green tape around the stem. Finish it off with a piece of green tape over the top of the stem
7. Next, tie a piece of curling ribbon at the base of the stem, and use your scissors to curl it into pumpkin vines
8. Lastly glue on wobble eyes



Build Cinderella's castle

Choose your materials, have a go at creating Cinderella's castle, you could use junk modelling or use LEGO to create this.



Snow White

Make a magic mirror

Equipment

- Cardboard (Thick and thin)
- Paint
- Gemstones and stickers
- Glitter
- Tin Foil
- Lolly Stick
- Glue



What to Do

1. Cut the shape of your mirror out of a thick piece of cardboard.
2. Paint the front & back and let it dry.
3. Cut a smaller piece out of a thinner piece of cardboard (from a cereal box) for the glass for your mirror.
4. Glue a piece of tin foil over this smaller piece. Try to keep the tin foil as smooth as possible.
5. Cut the foil to the exact shape of your "glass" piece.
6. Glue the foil covered piece to the centre of the mirror shape.
7. Add gems, stickers, or other embellishments of your choosing around the mirror.
8. Add glitter or anything else that you can think of to make your mirror prettier.
9. To add a little extra stability, you can glue a lolly stick to the back of the handle.
10. When the glue from the gems & glitter has dried, you can decorate the other side as well.

Toffee/Chocolate apples

Snow white is tricked by the Evil Queen into eating a poisoned apple, have a go at making your own toffee or chocolate apples.



Why do apples turn brown and how quickly?

(you could use this activity as part of 'Exciting Experiments' within Innovate stage 1)

Equipment

- Apples (A variety of apples if you can)
- Lemon Juice (or a real lemon)
- Plate
- Knife

What to Do

1. Cut two wedges of the same size out of each apple.
2. Place one wedge in a small dish and the other on the plate alongside the rest of the whole apple.
3. Squeeze a little lemon juice over each slice in the dishes and mix to coat evenly. Get rid of any excess juice. Do this for each type of apple.
4. Now wait and be patient. Be observant.
5. If you want, set out a timer to get an accurate measurement of the time it takes for each apple to turn brown.



Dwarves bingo game

Play a game of bingo with the characters in Snow White, think dwarves, apples, princes, and queens. Create your own boards, or you can download this version from

<https://curtrjensen.com/2019/04/13/printable-snow-white-bingo/>.



Learn to whistle

Snow White sings a song whistle while you work. She sings this while she's cleaning the dwarves cottage. Can you learn to whistle, and whistle along to the song or create your own tune?



Build the seven dwarves cottage in the woods

Choose your materials, have a go at creating the dwarves cottage, you could use junk modelling or use LEGO to create this.

Aurora, in Sleeping Beauty

Make it pink/make it blue science

(you could use this activity as part of 'Exciting Experiments' within Innovate stage 1)

Equipment

- Shallow tray/bowl
- Baking Powder
- Vinegar
- Pink and Blue Food Colouring
- 2 cups or squirty bottles



What to do

1. Scatter a thin layer of baking powder over the bottom of the tray/bowl
2. In each of the cups or bottles add some vinegar
3. Add pink food colouring to one bottle and blue to the other
4. Start adding the mixture to the baking powder, watch what happens in the tray
5. Try adding more baking powder and vinegar, what happens now?

Fairy wands for 3 good fairies

Equipment

- Blueberries
- Watermelon
- Skewer
- Star shaped cutter (or knife)

What to do

1. Cut a star shape out of the watermelon
2. Slide 10 blueberries onto the skewer
3. Top the skewer with the star



Fairy wands for 3 good fairies

Equipment

- Skewer
- Card
- Ribbon
- Decorations
- Double sided tape and/or glue

What to do

1. Cut 2 x star shapes out of the card
2. Stick the ribbon to make tassels on to the star, and now put the skewer (with the point on the star too)
3. Stick the second star over the top to cover up all of the sticky bits



Time to sleep

Aurora falls to sleep for 100 years (in the original story), can you get a good night's sleep, after all it really helps to refresh you and gives you energy to do other things.

16th Birthday

(You could use this activity as part of the Brownie baking badge)

In the Disney film, the good fairies bake a cake and make a dress to celebrate Aurora's 16th birthday and her moving back to live with the King and Queen. Bake some cup cakes and decorate them to celebrate a special occasion.



Build a bed

Choose your materials, have a go at creating a bed for Sleeping Beauty, you could use junk modelling or use LEGO to create this.

Ariel, in The Little Mermaid

Mermaid tails

Equipment

- Sequins in different "mermaid" colours of greens and blues
- Glue
- Blue craft foam
- Plain hair clip
- Hot glue gun {optional}

What to Do

1. Cut a fin shape out of the blue foam.
2. Glue rows of sequins of changing colours on each row.
3. (To give a scaled tail appearance, overlap the sequins in each row just a bit).
4. When the tail has dried completely stick a hair clip to the back.
5. (This is better if a hot glue gun is used).



Paper Plate Seashell

Equipment

- Paper Plate
- Wool
- Paint
- Single hole punch
- Scissors,

What to do

1. Cut the paper plate in a sea shell shape
2. Paint the plate – try to get a textured look
3. Once Dry, use a hole punch to punch four or fives holes closer to each other at the bottom and an equal number of holes at the top of the paper plate
4. Using some wool and starting at the first hole, lace it to the other end, then move to the 2nd hole on top and then bottom again. once all 5 holes are laced, tie the ends together and cut to size.



Colourful Angelfish

Equipment

- Craft Sticks
- Wobble eyes
- Sequins or Jewels
- Glue
- Thread

What to do

1. Use glue to fix craft sticks together
2. Stick on wobble eye, jewels
3. Fix on thread to hang up



Pipe cleaner Fishing Game

Equipment

- Pipe cleaners
- Assorted Pompoms
- Craft Sticks
- Wobble Eyes
- Magnets
- Satin Ribbon
- Sea Shells
- Assorted Sequins

What to do

1. To make fish fold a pipe cleaner in half and twist at the end to form the tail fin, then roll the other side around your thumb to form a circular hole
2. Push a pom-pom inside the circle and stick on a wobble eye
3. Make as many fishes you want in different colours
4. To make the octopus you will need 4 pipe cleaners, 2 each of the same colour. Fold the pipe cleaners in half and then twist them all to form a ball like structure with 8 legs. Bend the legs upwards and stick on 2 large wobble eyes
5. To make the star fish, twist a pipe cleaner in a zig zag – WWWW with 5 points and then join the ends and press or twist to keep them in place. Stick on two small wobble eyes
6. Make a fishing rod by sticking ribbon onto a craft stick at one end and a small circular magnet at the other end. Make one each for every player that you want to have
7. Glue a magnet onto each of the fish
8. Whoever catches the most fishes in a minute wins



Apple Crabs

Ingredients

- Apples
- Chocolate Drops

What to do

1. Cut an apple in half
2. Cut the other half into thin slices and use for legs
3. Cut a zig-zag pattern in two pieces for front pincers
4. Stick on two chocolate chips for eyes



Collections

The Little Mermaid has her own huge collection of gadgets and gizmos whosits and whatsits. Can you create your own collection?

Belle, in Beauty and the Beast

Read your favourite book

(you could use this activity as part of the Rainbow Book Lover badge)

Belle loves to read, read your favourite book again and share it with others, write a review and tell others why it's such a good book.

Cogsworth

Equipment

- Brown card
- Light brown card
- White card
- Black card
- Yellow card
- Glue
- Split pin

What to do

1. Cut out a circle from the brown card.
2. Cut out a smaller circle from the light brown card.
3. Cut out the hair, eyes, eyebrows, and hands.
4. Stick the smaller circle on top of the big circle.
5. Write the numbers 1 – 12 round the clock face.
6. Stick on the eyes, eyebrows, and hair.
7. Use a split pin to attach the hands.



Belle's bookmark

Equipment

- Square paper
- Scissors;
- Glue stick;
- Marker;

What to do

1. Fold your square piece of paper in half from corner to corner. Orientate your folded paper with the long edge towards you.
2. Fold the right-hand corner upward to meet the top of the triangle.
3. Fold the left-hand corner upward to meet the other side.
4. Push along edges to make a crisp fold and then open up again, returning to the original triangle.
5. From the top of the triangle, fold a single layer of the paper downwards, bringing the point of the paper to the centre of the triangle base.
6. Bring the right-hand corner back up and fold over the single layer of paper you have just folded.
7. Bring the left-hand corner up and over in the same way and you have a simple origami bookmark corner!
8. Decorate as you wish



Build a bookshelf to hold all of Belle's books

Choose your materials, have a go at creating some shelves for all of Belle's books, you could use junk modelling or use LEGO to create this.

Learn to make a cup of tea

Become Mrs Potts, learn how to make a cup of tea, what do you need to think about when making it.

Try different types of tea, including fruit and herbal teas too.

Plant a Rose

Equipment

- Clear plastic Cups (2 per rose)
- Tissue paper
- Green pipe cleaners
- Glitter
- Tape

What to do

1. Cut the tissue paper into squares or circles
2. To make the leaf, fold the pipe cleaner in half and then about an inch down from the fold pinch the pipe cleaner and twist it round so it makes a leaf shape. Then unfold the pipe cleaner so it makes a stem with a leaf
3. Take a piece of tissue paper and poke the end of the pipe cleaner through the middle. Add as many layers as you wish
4. To complete the flower, fold the layers in on themselves to create a flower shape
5. Add glitter to one plastic cup and a few petals so it looks like the enchanted rose is losing its petals
6. Place the rose into the cup and put the other cup on top. Use tape to fix the two cups together
7. Shake the cups to disperse the glitter. Your very own enchanted rose is complete



Beauty and the Beast Punch

Ingredients

- Pineapple juice
- Mango Juice
- Lemonade
- Ice
- Caster sugar
- Red food colouring

What to do

1. Dip rim of glass in egg white and then in caster sugar coloured red with food colouring
2. Put ice in glass, add equal amounts of juices and lemonade



Handprint Roses

Equipment

- White card
- Red paint - washable
- Paintbrush
- Glue
- Sticks, pipe cleaners

What to do

1. Paint palm of hand with paint
2. Press hand onto card and remove straight away
3. Repeat several times and allow to dry
4. Cut out leaving a small border around print
5. Glue or stick pipe cleaner or kebab stick covered in florist tape on back of handprint



Enchanted Rose Bookmark

Equipment

- Coloured or patterned paper
- Green pipe cleaners
- Glue dots or double sided tape
- Ribbon

What to do

1. Cut four hearts from the paper
2. Turn one of the hearts upside down to resemble one of the centre petals of a rose bud, and use a glue dot to stick the top of a pipe cleaner stem in place
3. Place a second heart on top of the first, matching up all the edges and pressing down firmly to adhere it to the glue dot. Use your fingertips to curl the tips of the hearts
4. Fold each of the remaining two hearts in half vertically. Fold back the rounded sides of the hearts, and then fold down the tips
5. Sandwich the sides of the centre petals between the folded hearts, using glue dots to hold them in place
6. Tie a ribbon bow at base of flower and your bookmark is ready to use



Chip Teacup

Equipment

- Egg carton
- Toilet roll
- Acrylic paint
- Permanent pen
- Glue

What to do

1. Cut two sections from an egg box and cut one down to half the size of the other. Ensure the smaller piece sits flat
2. Cut a small 'v' section from the rim of the other section
3. Paint the large section white inside and out, and the small section pink and allow to dry
4. Cut two narrow rings from the toilet roll and paint both the inside and outside yellow, allow to dry
5. Using the pen draw a zig zag design round the bottom of the pink section. Paint this alternating between light pink and blue. Allow to dry
6. Cut one of the yellow rings open and trim it a little to form a smaller ring that is the same size as the top of the pink egg box section. Join the ring together with glue and fix to top of the pink section
7. Draw eyes, eyebrows and a mouth on the front of the teacup to the right of the 'v' shaped chip with the pen. Cut the other yellow ring open and cut it in half. Bend and curl it to form a handle
8. Paint a thin yellow line at the top and bottom of the teacup to finish it off



Table Decoration

Equipment

- Flowers – fresh, dried, silk
- Greenery
- Vase or container
- Water - if required

What to do

1. Cut ends of flower stems if necessary and arrange in container
2. Add greenery

Jasmine, in Aladdin

Magic Carpet

Ingredients

- Puff pastry ready-made or pizza dough
- Hummus
- Black and golden raisins
- Sliced figs
- Grated cheese



What to do

1. Roll pastry into rectangles and shape corners to form tassels so it looks like a magic carpet
2. Place in oven and bake now (if you don't want a soggy bottom) until slightly brown. Allow to cool
3. Spread over ready bought hummus (or your own made from chickpeas, lemon juice and oil)
4. Decorate with black and golden raisins along with sliced figs
5. Sprinkle with grated cheese and place back in oven until cheese is melted
6. If this slightly unusual topping is not to your liking spread with tomato puree and decorate with coloured peppers, slices of pepperoni or whatever your favourite toppings are

Magic Carpet Coaster

Equipment

- Felt 3 colours
- Pipe cleaner
- Beads
- Thread or wool
- Glue
- Scissors



What to do

1. Cut rectangles from the felt in following sizes 4 by 5½ inches, 3½ by 5 inches, 3 by 4½
2. Cut two 4-inch pieces of pipe cleaner and glue them on the largest piece of felt around ½ inch from the edge
3. Cut 12 8-inch pieces of wool or thread. Divide into groups of three and tie a knot in the middle of each to make a tassel. Glue the tassel knots to the corners of the felt near the ends of the pipe cleaners
4. Glue the next largest piece on top of the first to cover the pipe cleaners and tassels. Then glue the smallest piece on top of this
5. Tightly twist together the ends of each tassel and thread them through a bead. Slide the bead up to the corner of the felt and secure it in place with a small dab of glue
6. Unravel the thread strands to make the tassels fuller, and then trim the ends a couple of inches below the beads



Cuff Bracelets

Equipment

- Empty plastic 1 litre drinks bottle
- Jewels
- Glue
- Gold paint
- Scissors



What to do

1. Use scissors to cut rings from the bottle, vary the width
2. Carefully cut down the middle of each ring, try on your wrist (make sure you can get it off again) and glue in place (a piece of masking tape will help)
3. If you want a studded look bracelet, then jewels should be stuck on now. Otherwise paint the rings gold (can use spray paint)
4. Once paint is dry, jewels can be stuck on. Get creative in your designs
5. You could make ankle bracelets from another bottle

Wishing Lamp

Equipment

- Plastic or polystyrene bowls and plate
- Bendable straw
- Jewels
- Glue
- Gold paint
- Gold Duct tape
- Stones
- Permanent Marker pens

What to do

1. Cut base from one bowl and save this will become the lid of the lamp
2. Form a handle from the plate and adapt the straw to form a spout for the lamp or use a narrow empty tube
3. Glue bowls together rim to rim. Attach handle and spout and paint gold. If using gold bowls, there is no need to paint. Also paint the lid and fix in place with the duct tape
4. Decorate the lamp with jewels
5. Paint your rocks or stones gold. Ideally, they should have flat surfaces so when dry wishes can be written on them with the marker pen. Make them sparkle by adding jewels
6. Your lamp is now ready to collect your most treasured wishes



Pocahontas

Dream Catcher

Equipment

- Paper or polystyrene plates
- Wool
- Pony beads
- Feathers
- Hole punch
- Scissors



What to do

1. Use scissors to cut middle from plate and just leave an edge that is about 2 inches in depth. Alternatively, this step can be left out
2. Use the hole punch to make holes all around the inside rim
3. Cut piece of wool about 3 foot in length and repeat a further 3 times. Tie one end to a hole
4. Thread the wool through the holes in a random fashion
5. On the last hole pull the wool through and add some pony beads
6. Tie on a feather. Push the pony beads down onto the quill end of the feather and cut off any excess wool
7. Repeat with the other lengths of wool
8. Fix a short piece of wool on the back of the plate so as to hang up
9. Your dream catcher is now ready to catch your unwanted dreams

Feather Necklaces

Equipment

- Card
- Feathers
- Pony beads
- Cord
- Glue
- Tape

What to do

1. Cut two from card. Tape feathers to one side of the card and glue the other circle on top
2. Punch a hole in the circle and add the cord
3. Decorate the card discs
4. Add beads to the cord and tie a knot



Rain Sticks

Equipment

- Sturdy cardboard tube
- Brown parcel paper
- Wool
- Paint
- Rubber bands
- Pipe cleaners and/or craft wire
- Beads, rice, beans, pasta
- Paint



What to do

1. Paint tube and allow to dry
2. Cut two large circles of brown paper and fringe all-round the edges.
3. Attach one circle to the end of the tube using a rubber band
4. Experiment with the sound the rain stick may make – try twisted pipe cleaners and rice or twisted craft wire and beans
5. When happy with the sound, cover the open end of the tube with the other circle of brown paper and secure with a rubber band
6. Tie wool of different colours around each end of the rain stick

Native American Stick Game

Equipment

- 6 Plain Craft sticks
- 10 Dried butter beans
- Pens



What to do

1. Decorate one side of each stick
2. To play - Pick up sticks and hold vertically in one hand about 6 inches above the ground and then drop them
3. If all 6 sticks land with the design-side showing, takes 3 beans
4. If all 6 sticks land with their plain side showing, the player takes 2 beans
5. If 3 sticks land with the decorated side showing and 3 with the plain side showing, take 1 bean
6. If any other combination happens, the player earns no beans
7. Could be played with another person taking alternative throws – at some point all beans will be used. At that point, a player who earns beans takes them from the opponent. The winner is the person who eventually has all 10 beans.

Tepee Dirt Cups

Ingredients

- Packet Oreo biscuits
- Pack Chocolate Angel Delight
- Milk
- Sugar waffle cones
- Pretzel sticks
- Chocolate Spread
- Sprinkles
- Plastic cups

What to do

1. Break Oreos into small pieces
2. Mix Angel Delight with milk per its instructions
3. Layer the Angel delight and Oreo dirt in the plastic cups
4. Cut the top (pointed end) off the sugar waffle cone
5. Cover the top of the cone in chocolate spread and add some sprinkles
6. Break several pretzel sticks in half and dip them in the chocolate spread
7. Arrange the sticks in the hole in the waffle cone
8. Place the waffle cone tepee on top of the layered dirt



Colours of the wind

In Pocahontas there's a song all about the colours of the wind, what do you think they might look like? Can you have a go at drawing them?

Mulan

Make a Chinese lantern suncatcher

Equipment

- Paper or card
- Tissue Paper
- PVA glue
- Scissors



What to do

1. Draw an oval shape onto the paper along with the spaces which will be cut out, alternatively templates can be found online. Cut out desired shape also cut out two small rectangles which will sit top and bottom of the oval to form the lantern shape
2. Cut a piece of white tissue paper similar in size to the lantern
3. Cut pieces of coloured tissue paper into different sizes and shapes
4. Carefully brush the white tissue paper with PVA glue which has been mixed with some water
5. Stick on to this the coloured pieces of tissue paper
6. Next place the lantern shape over the piece of white tissue paper and ensure it is attached securely along with the top and bottom of the lantern
7. Allow to dry and trim the tissue paper so no ends show
8. Attach a piece of ribbon and your lantern is ready to hang

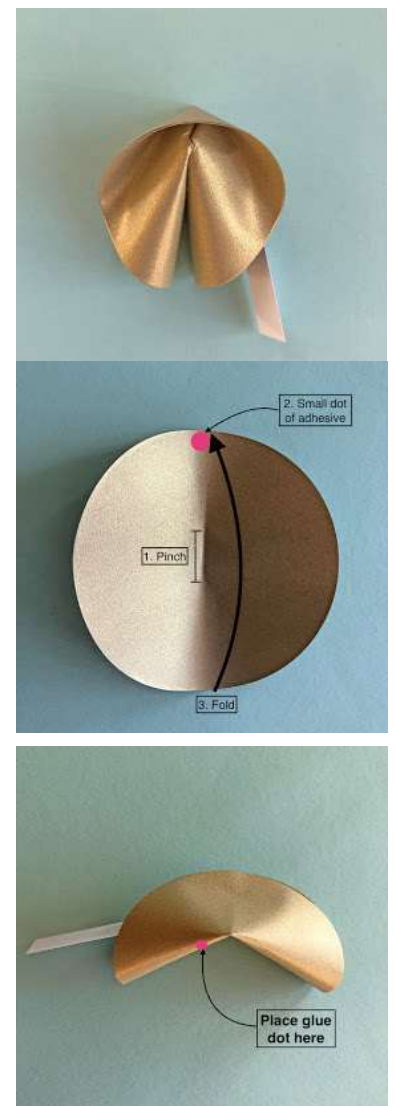
Paper Fortune Cookies

Equipment

- Coloured paper
- Glue
- Fortune or messages
- Scissors

What to do

1. Cut a circle of $3\frac{1}{2}$ ins (9cm) from the paper
2. Fold the circle in half and pinch it at the centre
3. Open it up, rotate it a quarter turn, and fold it in half again, adding a small dot of glue as shown
4. Lightly hold the edges together until they have stuck
5. Place an index finger in each end, pressing your thumbnails into the centre crease. Fold at the crease and pull the edges down to meet each other. Release the edges
6. Place a fortune slip in past the centre, leaving the last inch peeking out. Add a small dot of glue as shown.
7. Bring the ends together again holding the sides together where the glue is located
8. Repeat with further circles of paper. For variety try making some with wrapping or patterned paper. Experiment further and try using craft foam or thick card



Dragon craft

Equipment

- Black card
- Mini cake cases
- Orange and yellow tissue paper
- Red wool
- Gold and white card or paper
- Wobble eyes
- Scissors
- Glue

What to do

1. Cut at least 10 mini cake cases in half. Glue one case onto black card towards top of page with rounded edge pointing to the left – this is the start of the body
2. Continue gluing further cases on the page ensuring they overlap slightly, add curves if wanted for a more interesting shape
3. To make the head, take another two cases and cut one in half. Fold the other in half and cut the sides off this and one of the halves
4. Glue the two pieces together to make a dragon head making sure the folded section opens and closes at the bottom of the face
5. Glue the dragon head onto the front of the dragon's body
6. Cut horns from the gold card and glue them onto the dragon. Cut out white teeth and glue them on the inside of the dragon mouth
7. Cut a few small pieces of orange and yellow tissue paper and glue them onto the inside of your dragon mouth. Crinkle the ends of the tissue a little to look like fire coming out of the dragon's mouth. Add a bit of glue on top of the tissue paper and glue the dragons mouth shut
8. Use a marker to draw on nostrils and glue on the face some red wool to represent long whiskers



Banana Sushi

Ingredients

- Banana
- Unsweetened shredded coconut
- Roasted hazelnuts chopped finely
- Melted chocolate or Nutella type spread



What to do

1. Add the shredded coconut and chopped nuts into a shallow dish and stir to combine well.
2. Place the melted chocolate in another shallow dish.
3. Peel the bananas and carefully dip them into the melted chocolate.
4. Then, roll them into the coconut-nut mixture, and place them on a plate, or cutting board.
5. Slice into half inch slices and arrange it like a sushi roll as shown. For fun, eat these using chopstick

Tiana, in The Princess and the Frog

Grape and Apple Frog

Ingredients

- Green Apple
- Green Grapes
- Mini marshmallow
- Chocolate drops or raisins
- Greek yogurt

What to do

1. Cut apple into quarters and remove the core
2. Cut three grapes in half and slice two triangle toes in 4 of the halves
3. Use the yogurt to hold arms (grape halves) to frog and then add hands and feet
4. Fix marshmallows in place on top of head (apple) for eyes. Place chocolate chip or raisin in the middle. Again, use the yogurt to hold in place



Frog Catcher

Equipment

- Paper
- Yarn
- Sticky dots optional
- Scissors
- Sticky tape or glue

What to do

1. Roll two rectangular sheets of paper together (red inside green works well). Tape together
2. Using a string of yarn, place through the tube and secure yarn in place with a stapler and tape toward one end
3. Draw and cut out frog hands and legs and glue these on
4. Use sticky dots or circle of paper and draw on eyes and a fly image. Fix eyes to head of frog. The fly needs to be two dots/paper stuck together with the end of the string sandwiched between
5. Game ready to play – get a point every time you get fly in the frog's mouth, in 3 minutes how many times can you get fly in frogs mouth



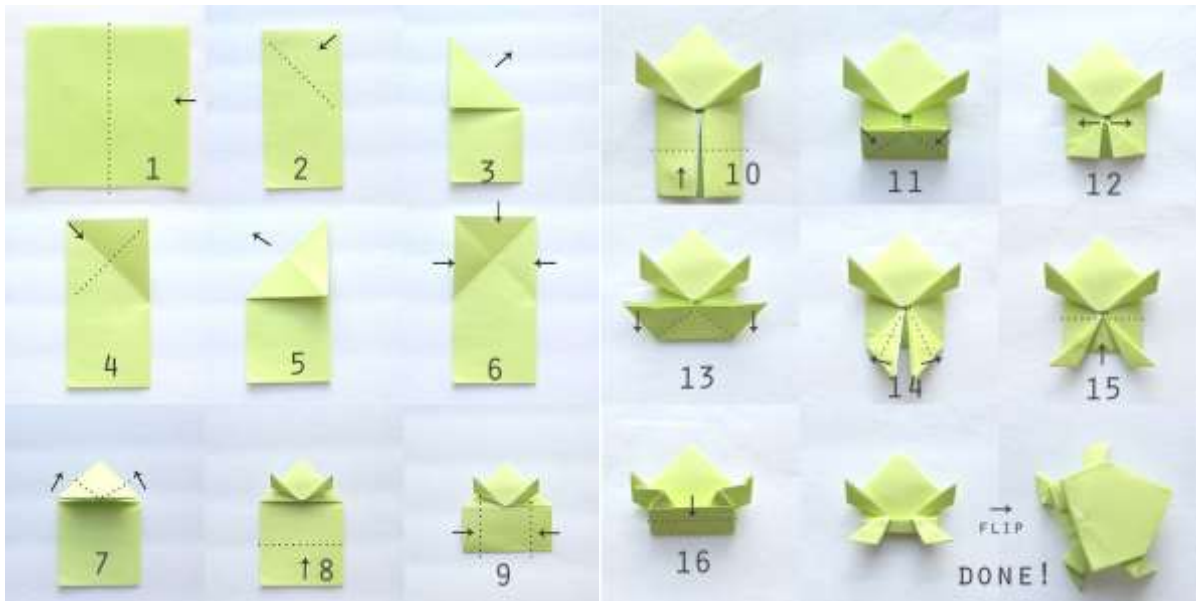
Jumping Frog

Equipment

- 6-inch square origami paper or plain paper

What to do

1. These are difficult to describe but the illustrations below should be simple enough to follow. Many videos can be found online
2. When you see arrows, those are showing you which direction you should fold the paper, and the dotted lines show you the line the fold will make
3. Remember, you are not folding to match the paper up with the dotted line, you are folding ON the dotted line
4. Using a 6-inch square the finished frog will be around 2 inches in size



Open your own restaurant

Tiana has a dream to open her own restaurant, now it's your turn. Cook and serve a meal to others, what will you cook? What do you need to think about when you are cooking?

Create a menu

Design a menu that contains all of your favourite meals. Give your dishes fancy names.



Rapunzel, in Tangled

Rapunzel's tower

Equipment

- Empty inner tube from kitchen paper, foil or wrapping paper
- Grey and red paper if not white paper and pens/crayons/paint of this colour
- Glue
- Wool optional

What to do

1. If using white paper this needs to be coloured or painted the appropriate colour first
2. Wrap grey paper round empty tube and fix in place – tuck ends in
3. Use a black pen and draw a brick effect on the tube
4. Draw a circle on the red paper. Cut this in half and form into a cone shape which will sit on the tower to make the roof
5. Draw and cut out an arched window shape from paper and colour
6. Draw a face on another piece of paper and colour this also
7. Glue the face to the window and the window to the tower
8. Using the wool make a plait to represent Rapunzel's hair. Fix this to the tower



Rapunzel Puppet

(you could use this activity as part of 'Mascot Maker' UMA - Rainbows Skills for my Future)

Equipment

- Wooden spoon
- Scraps of material, felt or foam or card/paper
- Wool
- Pens
- Scissors
- Glue

What to do

1. Cut out your clothes – could be a whole dress or separate pieces from available material, felt or paper
2. Glue onto spoon
3. Use pens to draw eyes and mouth on spoon
4. Cut long lengths of wool – this will be the hair. Fold in half and tie a shorter piece of wool in the middle. Glue hair to top of spoon
5. Rapunzel is now ready to play with



Artwork - create a gallery of different paintings

(you could use this activity as part of the Brownie Painting badge)

In the film Rapunzel spends lots of her time painting and adding to her gallery. Create a gallery of paintings, invite people to view them.



Engineer an escape

(you could use this activity as part of 'Marble Masters' within Lead stage 1)

Equipment

- Empty inner tubes from kitchen paper, foil or wrapping paper
- Masking tape
- Marble

What to do

1. Imagine your marble is Rapunzel and is stuck at the top of a wall (her tower)
2. Use the tubes to provide her an escape route all the way to the floor
3. To do this, stick your tubes to the wall making sure she can get all the way down



Rapunzel's Wrist Corsage

(you could use this activity as part of 'Stich up your six' UMA – Brownies Express Myself)

Equipment

- Felt
- Elastic or old hair scrunchie
- Thread or wool
- Glue or needle and thread if going to sew it

What to do

1. Cut out several pieces of felt (in a range of sizes) in a flower shape – it may be helpful to draw a template and use this as a guide
2. Glue or sew the pieces together – one on top of each other. Put the glue in the centre or sew at this point. Finished craft needs to look like a flower
3. Make a short plait from the thread or wool and glue or sew to the centre of the flower
4. Glue the elastic or hair scrunchie to the back of the flower
5. It is now ready to wear around your wrist, alternatively use in your hair



Merida, in Brave

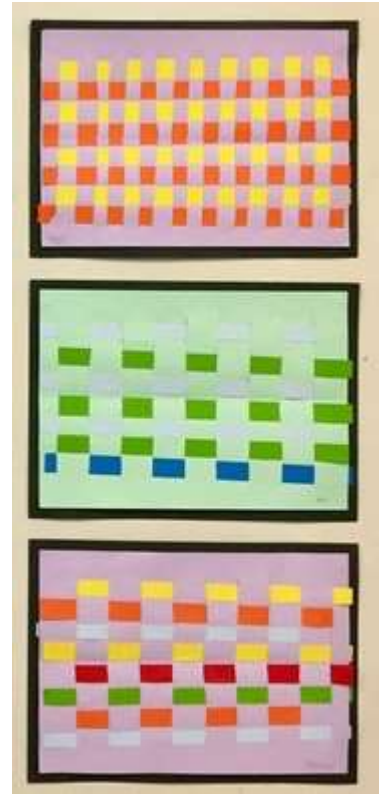
Paper Tartan Place Mat

Equipment

- Coloured paper or card
- Scissors
- Sharp knife

What to do

1. Cut slots with a sharp knife into card or paper. Be sure to stop cutting 1" from the top and bottom of the paper.
2. Cut paper strips
3. Now it's time to get weaving by pulling the paper over and under the slots. Make sure to pull the paper over and under alternate slots with each new layer to create a woven texture.
4. Continue until all slots filled. Trim edges of paper strips
5. Own unique patterns can be created by varying width of slots in the card base and the paper strips



Catapult

Equipment

- Coloured craft sticks
- Rubber bands or loom bands
- Plastic spoon
- Mini marshmallows or pompoms

What to do

1. Stack 6-8 sticks together and rubber band at each end.
2. Stack 2 sticks together and rubber band at one end.
3. Place 6-8 stick stack inside 2 stick stack and rubber band in an X format.
4. Rubber band the spoon onto the top stick in a few places for stability.
5. FIRE!!
6. As an extra make a castle using cocktail sticks and mini marshmallows



Edible Arrowheads

Ingredients

- Carrots
- Red & Yellow Peppers
- Cucumber
- Plum Tomatoes
- Card
- Wooden kebab stick

What to do

1. Cut and decorate card as shown to represent feathers of an arrow
2. Peel carrot and cut into chunks. Cut one end diagonally to represent arrow point
3. Cut peppers into chunks
4. Peel cucumber and cut into slices
5. Thread prepared vegetables onto kebab sticks as shown
6. Add card feathers



Archery

Merida is an expert Archer. Now it's your turn to have a go at archery, if you've tried it before, can you improve your performance?

Scottish highland games

All over Scotland they host highland games every summer. Can you have a go at recreating some of these:

- Tossing the Caber.
- Haggis Throwing.
- Discus throwing.
- Tug 'o' war.
- Umbrella Golf.
- Shot putt.
- Weight carry.

Moana

Moana boat

Equipment

- Wooden craft sticks
- Glue
- Card
- Markers
- Tropical flowers – optional

What to do

1. Take 14 craft sticks and stick them together in two rows of 7, one on top of the other. This will be the base of the canoe
2. Fix another craft stick on top of these 7 along the rounded edge. This will hold the base together
3. Repeat on the opposite side. Additionally, fix another craft stick in the centre of the base, this will be the mast
4. Turn the canoe over and you will see a gap where the base was connected. Glue an additional craft stick on both ends, making your base 9 crafts sticks wide.
5. Turn the canoe over, so it's right side up. Start to stack the craft sticks, gluing into place and alternate the sides until you reach the desired height of your canoe.
6. Cut a triangle from card and use a marker to draw on the Moana symbol
7. Glue the flag to the mast. If available glue on tropical flowers as a decoration
8. To go a step further, use other craft sticks to make a set of oars



Moana Necklace

Equipment

- Air Drying Clay
- String or cord
- Paint
- Beads – optional

What to do

1. Take a piece of clay, roll into a ball, and flatten into a circle
2. Use a sharp pencil and carve the Moana swirl into the clay
3. Also make a hole with the end of the pencil
4. Allow the clay to dry before painting
5. Once dry thread onto string. Add beads if wanted



Te Fiti Suncatchers

Equipment

- White card
- Cellophane or tissue paper
- Sticky back plastic or screen protector
- Ribbon
- Scissors

What to do

1. Cut an oval shape from the card and then cut out the inside of the shape so you are left with a shape that's a centimetre or two thick
2. From the bit of card that was in the middle cut out the wave shape and some small triangle or arrow shapes.
3. Place a piece of sticky back plastic or screen protector on a flat surface and put the oval shape on top of it.
4. Now put the wave shape in the middle of it but backwards – when you've finished, you'll be turning it over – add the white triangle shapes too.
5. Cut some green and a little bit of blue cellophane into pieces and stick them all over your heart of Te Fiti.
6. Finally place another piece of sticky back plastic over the back of your suncatcher to seal everything in place and then cut the suncatcher out so you don't have all the excess plastic around the sides. Your heart of Te Fiti suncatcher is now ready to hang up by attaching some ribbon



Milk Container Money Box Pig

Equipment

- Empty Milk container with lid
- Pipe cleaner pink
- Craft foam – pink, orange
- Pink card
- Wobble eyes
- White card
- Glue
- Marker pen
- Scissors

What to do

1. Ensure milk container is clean and dry
2. Use scissors to cut slot in one side of container
3. Cut a piece of craft foam the size of the lid and glue in place. Add two smaller pieces of orange foam to complete the snout
4. Cut 2 slits in top of container
5. Cut two pieces of pink card with one flat edge as ears. Stick a smaller piece of card on each in a contrasting pink
6. Place the ears in the slits
7. Make a hole at rear of container. Wind the end of the pipe cleaner round pen so it curls. Place the other end through the hole
8. Stick on wobble eyes or circles of card coloured
9. Now it's time to start saving!!!!!!



Water experiment

(you could use this activity as part of 'Exciting Experiments' – Innovate Stage 1)

Equipment

- Coffee Filter
- Black felt tip pen
- Water

What to do

1. Draw a thick circle around the middle of the coffee filter
2. Fold the filter in half and then in half again (resulting in a cone shape)
3. Get a short glass of water, pull apart the cone shaped coffee filter so it balances right on the glass with the tip of the cone just touching the water (be sure not to let the felt tip pen circle go in the water)
4. Let it sit and watch what happens as the water begins to flow up the paper.
5. Try again with a different colour
6. If you want to, you could use the finished product to make a butterfly.



Anna, in Frozen

Cardboard Tube Olaf

Equipment

- Empty Toilet Tube or similar
- White paper
- 3 x Black pom pom
- Orange pom pom
- Wobble eyes
- Twigs
- Scissors
- Glue

What to do

1. Cover the tube in the white paper and glue in place
2. Make Olaf's feet by cutting out 2 white paper circles and glue them to the bottom of the tube
3. Use glue to fix the black pompoms to the front of the tube
4. Flatten the orange pompom in your palm and glue this nose to the front of tube. Glue the wobble eyes above the nose
5. Use a black pen to draw on eyebrows, smile and tooth
6. Make holes either side of the tube and poke in the twigs through these as arms
7. Fix further small twigs to the top of the tube for hair



Snowflakes

Equipment

- Cutters
- Tortillas or wraps
- Oil
- Icing Sugar
- Baking Tray

What to do

1. Using cutters cut shapes from the tortillas
2. Place on a baking tray and brush both sides with oil
3. Bake at 200° for 3 to 4 minutes
4. Sprinkle on both sides with icing sugar
5. Eat and enjoy



Salt Snowflakes

Equipment

- Paper
- White wax crayon
- Paint and brush
- Table salt

What to do

1. Use the wax crayon to draw snowflake shapes on the paper
2. Add water to the paint so it is not too thick and brush over the paper
3. While it is still wet sprinkle salt over the drawing



Clothes Peg Snowflakes

Equipment

- Clothes Pegs
- White paint
- Paintbrush
- Glitter – optional or use sequins
- Glue
- Scissors
- Ribbon

What to do

1. Remove the spring and metal portion of the clothes pegs
2. Glue the two pieces of the clothes peg together. Flat side to flat side. Do this eight times
3. Glue two of these peg pieces together end to end
4. Glue two more pieces together on each side of the original piece
5. Carry on until you have an eight-pointed star
6. Allow the glue to dry completely before painting white
7. While still wet sprinkle with glitter or sequins. Allow to dry
8. Fix a piece of ribbon to one side of the star so it can be hung up
9. Make different shaped snowflakes by using different sized clothes pegs or by gluing two stars together



Chocolate fountain/fondue

Anna and Elsa find a shared love of chocolate during Elsa's coronation. Make your own chocolate fountain or fondue. What will you dip into yours? Strawberries, Banana, Marshmallows, or something else? What was your favourite?



Snowstorm in a Jar

Equipment

- Water
- Baby Oil
- Glitter or sequins
- 1 tablet Alka Seltzer
- White paint
- Blue Food Colouring Optional
- Large empty coffee or pickle jar



What to do

1. Pour baby oil into the jar until it is three quarters full
2. In a separate jar mix the water and paint
3. Add glitter or sequins along with blue colouring to the oil
4. Top up the jar with the water and paint mixture
5. Drop the Alka Seltzer tablet into the jar
6. Stand well back and watch a glittery snowstorm

Snowflake Salt Painting

Equipment

- White Card
- PVA Glue
- Water
- Food colouring
- Salt
- Paintbrush
- Pipette

What to do

1. Draw a snowflake shape using the glue on the paper
2. Sprinkle salt onto the glue and let the painting dry
3. Mix the colouring with the water
4. Use a pipette to drip small droplets of the water mixture onto the snowflake
5. Watch the colour run as the water is absorbed by the salt



Melting Snowman Biscuits

Ingredients

- Rich Tea Biscuits
- Marshmallows - white
- Smarties or M&Ms
- Glace Icing
- Tube icing - black or brown

What to do

1. Place some icing on biscuit
2. Add marshmallow to the biscuit
3. Place smarties in icing and draw on arms in icing and put features on face



Become a Fixer Upper

In Frozen, Anna meets the trolls who talk about being a fixer upper, can you have a go at fixing some things?

(You could use this activity towards; 'Find that tool' or 'In a fix' – Brownies Skills for my future UMA; 'Screw, Pop, Fill' – Rainbows Skills for my Future UMA, 'Do it yourself' – Guides Skills for my Future UMA)

Equipment

- Hammer
- Bubble wrap
- Screwdriver
- Playdough
- Apple/Fruit
- Nails
- Cardboard

What to do

1. Using the hammer can you pop all of the bubbles in the bubble wrap
2. Using the screwdriver can you make a hole in your playdough, imagine you're putting a screw in
3. Using the hammer and nails, nail a pattern into your piece of fruit
4. Using the cardboard and tools can you make a bookshelf.



Elsa, in Frozen

Ice painting

Equipment

- Empty fromage frais pots
- Food colouring
- Water
- Craft sticks
- Card

What to do

1. Fill the pots with water, add food colouring and mix well
2. Put a craft stick in each pot and place in freezer to freeze
3. Once frozen remove ice paints from pots
4. Use ice paints to make your design on card
5. Leave to dry



Elsa's Frozen Snack

Ingredients

- 1 banana
- 1½ slices white cheese
- 3 Tablespoons Greek yogurt
- 1 each - blueberry, strawberry, grape
-

What to do

1. Slice a curved banana in half lengthwise
2. Cut cheese to an oval shape for Elsa's face and place on a plate, also cut two ovals from the cheese for the eyes and place on face
3. Cut a blueberry in half and place on each eye. Cut a further piece of cheese into a triangle for the nose and place on the face
4. Cut a strawberry in half and shape one half to form a mouth and place on face
5. Place one banana half to the right of Elsa's face. Cut the other half in half again and place at the top of the face
6. Cut some thin strips of cheese and place on top of the banana in a criss-cross pattern to look like a braid
7. Put the yogurt in a piping bag (although this is not necessary) and cover the point where the two halves of banana join so it looks like a flower
8. Pipe stars of yogurt on the plate
9. Cut thin slices of grape and place next to the yogurt 'flower' to resemble leaves



Elsa Magic Wands

Equipment

- Coloured paper in shades of blue if possible
- Wooden craft sticks
- Sequins
- Scissors
- Glue

What to do

1. Cut a star shape from one piece of paper
2. Cut another piece of paper into a 4-inch square. Fold this in half diagonally and then in half again
3. Draw on the shape of a snowflake and then cut this out
4. Cut some thin strips of paper of both colours
5. Attach the snowflake to the middle of the star with glue
6. Glue the thin strips of paper to the reverse of the star
7. Stick sequins to the snowflake
8. Fix the star to the craft stick with glue
9. The Elsa wand can now be used to freeze everything in sight



Magic Snow

Equipment

- Baking Soda
- Water
- Bowl
- White vinegar (optional)

What to do

1. Place baking soda in bowl
2. Slowly add cold water until desired consistency is reached
3. This will be quite mouldable – use to make snowballs or even a snowman which you could decorate with a hat
4. For an added surprise pour on a small amount of clear or distilled vinegar



Elsa Sock Doll

Equipment

- Old or new white child's tights or a pair of socks
- Cotton wool to stuff the doll
- White ribbon
- 2 shades of blue fabric
- Scissors
- Hot glue gun (ideally)
- Permanent markers (black, blue, red, yellow)



What to do

1. If using a pair of tights cut in half and stuff about half the length with cotton wool and tie a knot. This will be the dolls body with hair on top
2. Cut the top into three and plait to form the hair, secure with an elastic band
3. Colour the hair with a yellow pen
4. Divide this into a head, middle part and skirt. Secure each part with ribbon or elastic band
5. Use the other leg of the tights or socks to make the doll's arms. Cut to the desired length.
6. Add some cotton wool and put some glue along one edge. Roll into a thin tube and secure each end with ribbon or elastic bands
7. Cut two small holes in the middle part of the doll - on the sides
8. Pull the arms through the hole
9. Make the dress using the blue fabric and use glue to secure to the sock dolls body. Use a second piece of fabric to cover the arms
10. Use marker pens to draw on mouth, eyes, and other features. Your Elsa is now complete



Ice skate Craft

Equipment

- Craft foam
- Glitter - optional
- Glue
- Wool
- Pens

What to do

1. Draw an ice boot shape on the craft foam or use a template
2. Cut out
3. Use hole punch to make holes
4. Thread wool through holes
5. Decorate boot



British Royal Princesses

Princess Charlotte

One day her mother Kate, Duchess of Cambridge will be Queen and at coronation will carry a Sceptre make yours now

Queen Sceptre

Equipment

- Styrofoam Ball
- Thick straw or a pencil
- Sequins or Jewels
- Ribbon
- Paint (purple)
- Glue



What to do

1. Paint the ball all over and allow to dry
2. Take the straw or pencil and wrap in ribbon or fancy tape, secure well with glue
3. Take another piece of ribbon and fix to ball (you could pin in place making sure well pushed in). Wrap it right round the ball to where you started from and secure with glue or another pin
4. Take another piece of ribbon and do the same but go across the ball the other way and again secure well
5. Put a large amount of glue where the ribbons cross and hold the straw/pencil in position until the glue sets
6. The ball can be decorated further by adding sequins between the ribbon sections
7. Your Queen's Sceptre is now complete

Edible Ballerina

All princesses must learn to dance. It's your turn now

Ingredients

- Marshmallows
- Sprinkles
- Icing
- Cake cases – pink
- Wooden skewers or cocktail sticks

What to do

1. Cover the end of a marshmallow in icing and then dip in sprinkles
2. Thread a cake case onto a skewer or cocktail stick followed by the dipped marshmallow
3. Your ballerina is now ready to dance!!!!



Princess Eugiene/Beatrice

These princesses, Aunts to Princess Charlotte are well known for fascinators - a type of hat. Why not make your own?

Fascinator

Equipment

- 1 plain headband
- 2 (5" circles of white felt)
- 24" of tulle
- Flowers – real, artificial, or silk
- Feathers
- Scissors
- Glue



What to do

1. Cut two small slits in one circle of felt. Slide the headband through both slits
2. Cut a length of tulle 24" long. Gather the tulle and glue to the top of the headband. Glue the second circle of felt on top, sandwiching the tulle in-between the two circles of felt
3. Glue 3 flowers onto the centre of the headband. Add glue to the ends of the feathers and stick them into place, making sure they stand up to make the hat a bit taller

Princess Diana

Princess Diana before her death was a leader in fashion. Hold your own fashion show

Fashion Designer

Equipment

- Cheap white T-shirt
- Fabric pens
- Sequins, Jewels
- Glue
- Ribbons
- Scissors
- Paper & pens



What to do

1. Use pens to draw your design
2. Put it into practise by transferring to the T-shirt. Use sequins, fabric pens etc
3. Girls then have to model their creations by walking down the catwalk.
4. Set chairs up in rows opposite each other as though a stage was in between
5. Have appropriate music and a compare to describe outfits
6. Could set different themes e.g. party wear,

Princess Anne

When she was younger Princess Anne took part in Equestrian events at the Olympics. Why not make your own horse and hold a Gymkhana?

Pool Noodle Pony

Equipment

- Pool Noodle
- Craft foam
- Rope



What to do

1. Fold noodle over by approximately 30 cm to form the horse's head
2. Secure by tying with a piece of rope
3. Trim the excess and use more rope to tie on a rein
4. Cut ears from foam in one piece and thread through the noodle crease
5. Use glue to keep in place
6. Cut two strips of foam, one slightly smaller than the other, to create mane
7. Snip edges to create texture and glue into place

Or try it this way

Equipment

- 1 White Pool Noodle – about 55 inches long
- 2 Soft Pink Felt Sheets, 9 x 12 inches
- Scissors
- Glue
- ½ inch wide Ribbon, about 5 feet in length

What to do

1. Fold the felt in half and cut ¼ – ½ inch strips starting at the bottom of the unfolded section to about ½– 1 inches away from the fold
2. Measure about 9 inches from the end of the pool noodle. Make a single straight 9-inch slit (halfway through the pool noodle (until you reach the hollow centre – not through to the other side) towards the longer end of the pool noodle
3. Take your pink felt and stuff the non-cut folds into the slit of the pool noodle
4. Tie a knot in the ribbon about 2 -3 inches from the short end of the pool noodle.
5. Wrap the ends around the other side of the pool noodle, so your noodle is now bent like a candy cane (or upside down "J"). Tie a knot to hold in place (you may want to reinforce with some glue). Leave enough excess ribbon to create "reins" to hold onto as they ride.
6. Glue eyes onto your pool noodle.



Residential Ideas

These are just a couple of additional ideas you could include if you're able to run over a residential event and therefore have a little bit more time.

- Watch one of the films we've mentioned in the pack
- Host a quiz, could this be a search and find style quiz, or could you have teams and they can earn points for their overall event's points chart?

Games

Try some of these different options:

Rapunzel

Let down your hair

Wind wool round several chop sticks or similar stick/pencil the same amount on each. Give each girl a stick, they then compete to see who can unwrap the wool the fastest.

Pan the man

Make a pyramid of plastic cups and place a small non-breakable figure on the top. Girls than must throw a bean bag or small sock stuffed with cotton wool at the cups to knock the cups over and the figure off the cups.

Elsa

Do you want to build a snowman?

Give each team or individual three marshmallows, three chocolate chips, three pretzel sticks, two googly eyes, and one carrot sliver. The girls run a relay race (one person on the team goes at a time) to put together the snowman, so the first girl would run down and setup the first marshmallow, the second person the second marshmallow, etc. Girls can only put on one piece at a time before returning to their team.

Indoor Ice skating

Equipment

- Paper plates
- Wax or Greaseproof paper

What to do

1. Stand on plates or paper and glide over the surface of the ground
2. Use wax paper on carpets, paper plates on hard surfaces
3. Remember safety aspects

Snow White

Bobbing for apples

Snow White is tricked by the Evil Queen in to eating a poisoned apple, have a go at apple bobbing. How many apples can you catch in one minute?



Pin the Mirror on the Wall

Blindfold girls and have them take turns trying to pin paper mirrors on a specific spot on the wall, closest to the spot gets a prize.

Moana

Water games

How much water can you transfer from one bucket to another, fill two buckets with water and place them at one end of the room. Have two empty buckets at the other end. The two teams will both need a cup each too. Which team can move all of their water from one to the other the quickest without spilling it; or set a timeframe to see who can move the most.

Jasmine

Magic carpet race

Setup an obstacle course of things on the floor like tiaras, heels, tutus, etc. Each player must sit on a magic carpet (or princess towel) and scoot around the obstacle course. Fastest player to finish wins. Best played on a smooth surface

Sleeping Beauty

Silly Colour Changing Dress

This is best as a team game. Split into three teams and give each team a different colour of silly string (blue, pink, or purple). Have the girls chase each other trying to shoot each other with silly string. If someone gets hit, they have to put down their can of silly string and pick up one with the colour they were hit with and switch over to the other team. The first team to get everyone onto their team wins.

Defeat the Dragon

Blow up 25 balloons and fill them each with a sticker, five of those (or however many girls you have playing) being stickers of dragons. Give girls a toy sword and have them pop balloons until they pop one with a dragon inside.

Belle

The Last Rose Petal

Give each girl 2-3 rose pink balloons and see who can keep their "roses" up the longest. Last person to let their rose petals fall wins. Or time the girls and tell them they have to keep the balloons in the air for 1 minute to win.



Cinderella

If the Shoe Fits

Before the game starts have each of the girls on a team put their shoes into a pile at one end of hall. The girls on the team then line up in a single file line. The girls run a relay race where one player runs to the pile of shoes, finds their shoe, puts it back on, then runs back to the team so another player can go.

Ariel

Kiss the Girl

The girls take turns tossing Hershey kisses and trying to get them to land on Disney princess pictures that are stuck on a piece of poster board that's lying flat on the ground. If the girl lands a kiss on one of the princesses, they win. Try large pictures if you want it to be easy or smaller ones if you want it to be more of a challenge. Make sure to leave space between pictures so they don't always "kiss the girl."

Complete Your Collection

Fill a large box or container full of sand and hide all the items on the list below. Time teams as they race to be the first to find all the items to complete their collection in the container of sand.

- Fork
- Mirror
- Jewellery
- Thimble
- Candleholder
- Pottery/dish
- Chess piece
- Watch/clock of some kind
- Mug

Any Princess

Sing A Long

Cut out the words to a favourite princess song. Scramble them up and give them to a team. Have the girls put the words in order of the song and then sing the song together to win.

Pretty Pretty Princess

Split the girls into teams and have them line up in a single-file line. Fill a box up with princess dress-up items like cheap tiaras, twirling tutus, and plastic beads. Players should choose one person on their team to be the princess and everyone else will be the runners. All the other players will take turns running from their line to the box on the other side of the room and picking out an item of clothing to dress up their princess. First team to dress their princess with all the items wins.

Build A Castle

Give each team of girls a certain amount of princess coloured Lego bricks or similar and have them race to be the first to build a castle using all of their blocks, bonus points to the team that builds the highest castle with all of their pieces.

Toss the Tiara

Have the girls toss tiaras around mason jars or plastic champagne glasses and see who the first team can be to get one around the jar.



Badge ordering

You can order badges in two ways, either by cheque or electronically

Postage costs:	
1-15 Badges	= £1.00
16 - 30 Badges	= £1.50
31 - 50 Badges	= £2.00
51+	= £3.00

Paying by cheque:

Please complete the details and post this form with full payment

Leader name

Unit name

Address to post badges to

.....

.....

.....

Contact email address for any queries

Number of badges (£1 each)

Postage at

Total

Make cheques payable to 4th Northumberland Heath Rainbows
Post to: V Whitehead 40 Rudland Road Bexleyheath Kent DA7 6DD

Paying electronically:

We can take payments electronically via BACS or card payment.

If paying by card – order badges here: https://rainbow-badges.onlineweb.shop/Princess_Fun/p7219745_20507896.aspx

If paying by BACS please email the following details to us (barnehursttrainbows4@gmail.com) and we will provide you with bank details

- Leader name
- Unit name
- Address to post badges to
- Number of badges (£1 each)
- Postage at
- Total

