

My Princess Crest

Royal families often have a symbol called a "Crest." A crest is made up of things that are important to the family. Create your own personal Princess Crest by drawing in the three spaces below.



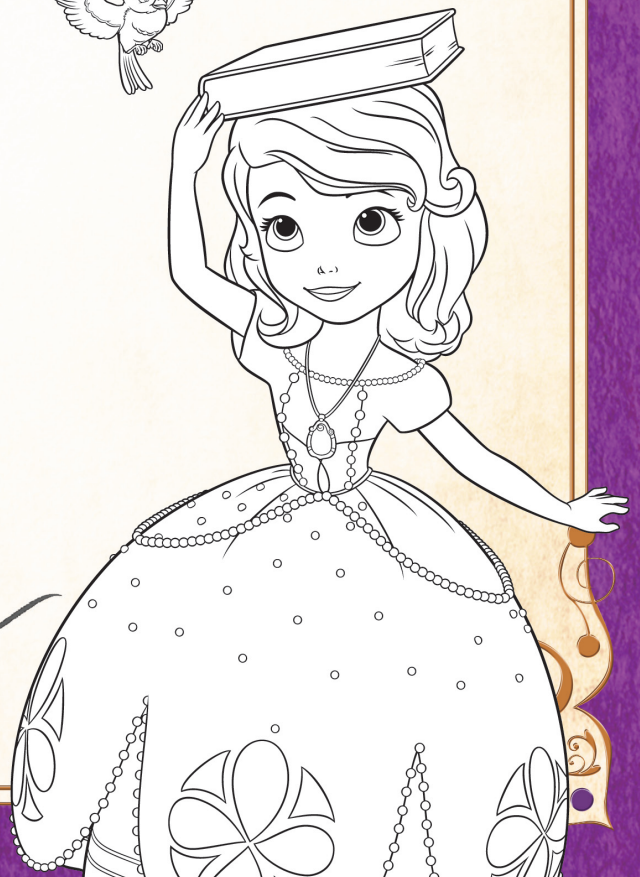
My Royal Princess Court

Make sure everyone attending your Royal Party
signs below as an official member of your Royal Princess Court.

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Royally Yours,

Sofia





My Princess Journey

My name is Princess _____,
(your name)

and I live in a magical _____ colored castle in the enchanted kingdom
(favorite color)

of _____. My Royal Family includes me, my _____,
(your town) (your family)

_____, and _____, and we all love each other very much.

I, along with Princess Sofia, am one of the many princesses who attend the

Royal Prep Academy. At Royal Prep, I have fun learning about

magic and also _____ and _____.
(your favorite subjects) (activity or class)

Like Princess Sofia, I also have magical powers that let

me talk to animals. My favorite animal to talk to is

_____. Princesses also get to attend many
(your favorite animal)

Royal Parties. When it comes to dancing, my favorite song

to dance to is _____. Sofia is a kind, generous
(your favorite song)

and courageous princess. I am a princess that is

_____ and _____. I am
(your princess trait) (your princess trait)

one princess who can't wait to see what

happens tomorrow and all the days

Happily Ever After!





Fold



Fold



DisneyJunior.com

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Date: _____

Time: _____

Location: _____

RSVP: _____

Come dance, play and watch
the movie premiere with us!



Tea Party Talk

1. What would you love most about being a prince or princess?
2. If you could have any magical power, what would yours be?
3. What do prince and princesses do?
4. Who is your favorite Disney Princess?
5. What makes you like a prince or princess?
6. Imagine you could have your own royal ball. What would your party be like?
7. If you could design your own royal crown or tiara what would it look like?
8. What can you do to be kind to animals?
9. When you wish upon a star, what do you wish for?

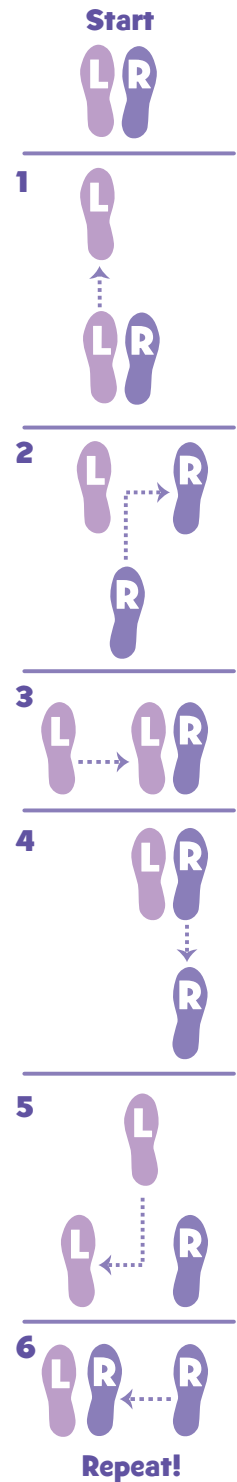




How To Waltz

The waltz is a classic dance that's fun and easy to do. If your child already knows how to count to three, she's off to a great start! The waltz is also a good way to reinforce the concept of left and right.

1. **Start** by lining up, facing the front of the room. Step your **left** foot forward and count “1”
2. Step your **right** foot **forward** and to the right, like you're making an “L” shape, and count “2”
3. Bring your **left** foot to meet your right and count “3”
4. Step your **right** foot **backward** and count “4”
5. Step your **left** foot **backward** and to the left, like you're making an “L” shape, and count “5”
6. Bring your **right** foot to meet your left, count “6” and **repeat!**



* For older children, show them how their steps make a square, or box, as they dance.

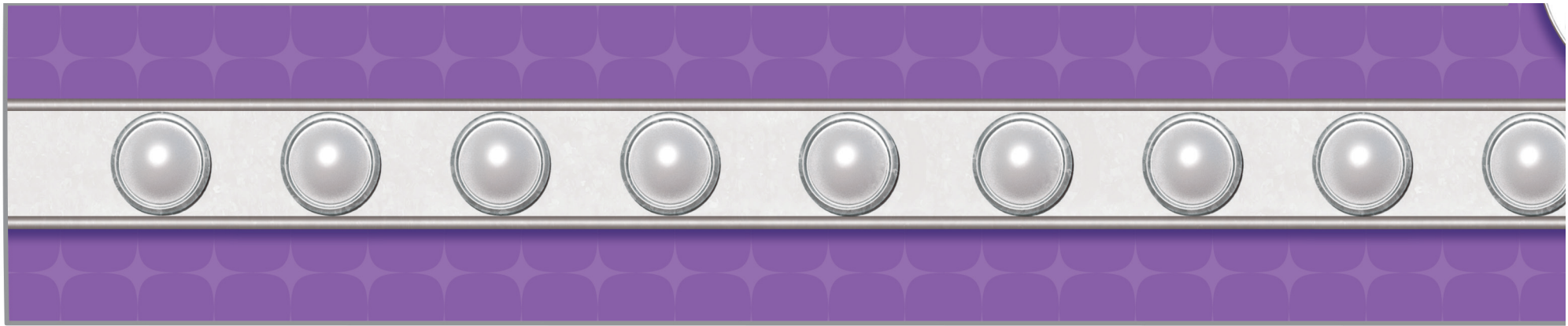
Practice a few times together, then add music. Moms, join in the fun and partner with your daughters. Don't forget to capture the fun on video!



Tiara

1 Left piece

Cut along line



You will need a color printer, cutting tools and tape.

1. Print out all 3 pages of the crown.
2. Cut along the gray outline.
3. Piece the crown together with tape.
4. Fit crown to child's head.

Overlap
& Tape

Overlap
& Tape



2 Center piece



3 Right piece

Cut along line





Crown

1 Left piece

Cut along line -----



You will need a color printer, cutting tools and tape.

1. Print out all 3 pages of the crown.
2. Cut along the gray outline.
3. Piece the crown together with tape.
4. Fit crown to child's head.



2 Center piece

Cut along line - - - - -







Recipe Ideas



1.

**For Royal Recipe Ideas Go To:
DisneyJunior.com/recipes**

1. Castle Cake

<http://disney.go.com/disneyjunior/recipes/cakes-cupcakes/princess-castle-cake-1824159>



2.

2. Princess Tea Party Sandwiches

<http://disney.go.com/disneyjunior/recipes/appetizers/princess-tea-party-sandwiches-1823372>

3. Bouquet of Veggie Flowers

<http://disney.go.com/disneyjunior/recipes/healthysnacks/bouquet-of-veggies-flowers-1823469>



3.

4. Rabbit's Carrot Sushi

<http://disney.go.com/disneyjunior/recipes/lunch-ideas/winnie-the-pooh-rabbit-carrot-sushi-1824931>



4.



Cupcake Toppers



1. Carefully cut along the lines.
2. Tape a toothpick to the back of a topper.
3. Decorate your cupcakes!

