

Princess Lessons

1. Introduction

Lesson: What is a princess?

- What do princesses do?
- What characteristics do princesses have?

Have the girls make up the rules of your club and their consequences

Activity: (learning to work together)

Relay race with balancing books on their heads and tying bows

Take Home: Win Candy for playing the game together

2. Jasmine

Lesson: Princesses are Trustworthy

- What does trustworthy mean?
- What would you do if you were in Jasmine's place? Watch scenes from the movie where Aladdin lies to her and when she doesn't tell Aladdin the truth, talk about her running away, etc.

Activity: Find something we can turn into a magic genie bottle by adding dry ice and water

Take Home: genie lamp

3. Belle

Lesson: Princesses are Respectful and have good etiquette

- How do we show respect to your friends, family, teachers, students, etc.?
- Is the beast respectful or disrespectful? Show scenes from the movie about respect and talk about them.
- What does etiquette mean?
- What rules should we follow during our tea party?

Activity: Tea Party

Take Home: Tea Party stuff

4. Ariel

Lesson: Princesses are Responsible

- What does being responsible mean?
- What kinds of things are you responsible for?
- Was Ariel responsible?

Activity: Make princess crowns

Take Home: Princess Crowns

5. Mulan

Lesson: Princesses are good citizens?

- How do we be good citizens?
- How did Mulan make a difference for her community?
- How can we do better at being good citizens?

Activity: Make pots and fill them with bean and then make tissue paper flowers to put in the pots with a note that says "The flower that blooms in adversity is the most beautiful of all" Talk about what that means with them

Take Home: Flower Pot

6. Snow White

Lesson: Princesses are Fair

- What does being fair mean to you?
- What do they mean when they say that snow white is the fairest of them all?
- “What is the fair thing to do” scene plays

Activity: Make apple flavored chapstick

Take Home: Apple chapstick

7. Cinderella

Lesson: Princesses are caring

- What does it mean to be caring?
- How was Cinderella caring? Nice to Mice, mean sisters and mother, dog, cat.
- How can we show that we care about people?

Activity: Service Project and magic wands

Take Home: Magic wands

8. Aurora

Lesson: Princesses are obedient

- What does it mean to be obedient?
- Who should you be obedient to?
- Do you have a safe word for strangers who want to tell you do something for your mom?

Activity: Make a snack with dried berries and nuts

Activity: Make simple forest friends with different colored pompoms and pipecleaner

Take Home: Pompom animals

9. Pocahontas

Lesson: Princesses are brave

- What does it mean to be brave?
- How is Pocahontas brave?
- How can you be brave?
- What are things that scare you?

Activity: Make a Princess Headdress and a rag doll

Take Home: Headdress and doll

10. Giselle

Lesson: Princesses are themselves, they don't pretend to be someone they are not

- What does it mean when someone says to just be yourself?
- Who do you think you are?
- Can you choose to be who you want to be?
- What do you want to learn to do?

Activity: Draw yourself as your animated counter part with your favorite things to do

Activity: Make a dress up skirt

Take Home: Dress up skirt

Easy Yarn Dolls.....March 2000

Materials Needed:

- Yarn (any two colors)
- Scissors
- Books or Cardboard pieces with the following measurements from top to bottom:
 - Large = 16 1/2 inches
 - Medium = 9 inches
 - Small = 7 inches
- Doll Makers Needle
- Black & Red Embroidery Floss

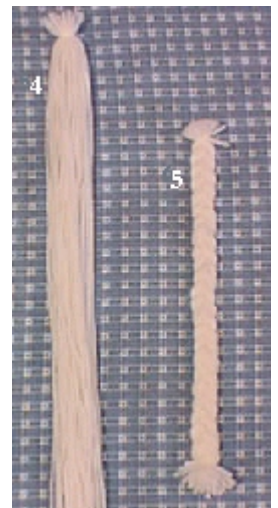


The Body:

- Using the color you have chosen for the dolls body, cut a piece of yarn approx. 6 inches long to be the tie and lay it across the top edge of the large book. Wrap yarn around the book as shown in Step 1 above. Continue winding yarn around the book 200 times.
- Slip the wound yarn off of the book and tie the 6 inch piece of yarn tightly around the wound yarn.
- Cut the opposite end of the wound yarn where it bends, so that you have Step 2 above.
- Make a yarn ball that is approx. 1 inch in diameter. Step 3.

The Arms:

- Using the Medium book, wind the yarn around it as you did for the body, but only 50 times. (You will NOT need to place a tie along the top of the book)
- Slip the yarn off of the book and cut along the bottom bend of the wound yarn.
- Tie together one end of the yarn, as shown in Step 4, about 1/2 inch from the edge.
- Braid the entire length of the yarn and tie together again, at about 1/2 inch from the edge. (Trim if necessary)



The Assembly:



- Take the yarn ball and place it inside the yarn body, under the gathered, tied center.
- Smooth out the yarn evenly around the ball and gather it together under the ball. Tie the yarn together tightly to form the head. Step 6
- Divide the yarn below the head into two parts, front and back.
- Center the braided arm piece between the two parts as shown in Step 7.
- Tie the yarn together tightly under the arms to form the upper body.
- Divide the remaining yarn into two parts, left and right.
- Braid each side, gathering and tying the ends about 3/4 inch from the ends. Step 8 (Trim if necessary)



The Hair:

- To make the hair, use the Small book and place a 4 inch piece of yarn across the top edge of the book as you did for the body.
- Wind the yarn around 50 times.
- Slip the wound yarn off of the book and tie the yarn together tightly with the 4 inch piece of yarn.
- Cut the opposite end of the wound yarn along the bend so that you will have Step 9.
- Place the hair over the head with the gathered tie centered at the top.
- Use a doll makers needle and the hair color yarn to carefully sew the hair in place at the top.
- Bring the needle and yarn down to one of the sides of the neck. (This should be done by sending the needle through the inside of the doll's head.)
- Loosely stitch over a small segment of the yarn hair along the neck, then another segment, then another, and so on until you reach the other side of the neck and the hair is secured evenly across the back of the neck. Step 10
- Tie off the end of your stitching yarn under the hair where it is concealed.
- Stitch a simple face using embroidery floss or you could even glue ready-made doll eyes and mouth on.



