

# GSHPA GIRL & FAMILY GUIDE TO

DISNEY'S

# Mulan

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## How to Watch the Movie:

- Mulan is available on Disney+, Amazon Prime, Google Play (to rent), iTunes (to rent), Vudu (to rent) and YouTube (to rent). You are also welcome to watch it in DVD format!
  - Tune into GSHPA's Facebook Live event before and after the movie, starting at 6pm, to join Girl Scouts all over council in getting excited for the movie and talking about it afterwards.
  - Jazz up your movie watching space! Create a blanket fort, or a pillow bed, wear crazy socks and fun PJ's, invite your favorite stuffed animals to join you, and get some tasty snacks ready!
  - Share your snacks, opinions, movie watching buddies, blanket forts, PJ selfies, and more! Girls can use #GSHPAmovienight on Instagram, Twitter and Facebook.
  - Some troops may choose to have a discussion together after the movie. Your Troop Leader will let you know how you will be doing a virtual discussion together! If you are watching the movie on your own, GSHPA will have a Facebook Live event before the movie (6-6:30pm), and after the movie (8:15-8:45pm), and we would love to have you join us!
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## Snack Ideas:

**Movie Night Snack Tray** - Gather your favorite movie snacks or candy. Using a cookie sheet or other tray, arrange your snacks in bowls or on plates to create a colorful medley to snack on!

**Tea & Cookies** - Tea drinking was popular in ancient China, because tea was considered a daily necessity. For this movie, make your favorite type of tea, or try a few different types! Then experiment with Girl Scout cookies to see which cookie pairs best with your tea.

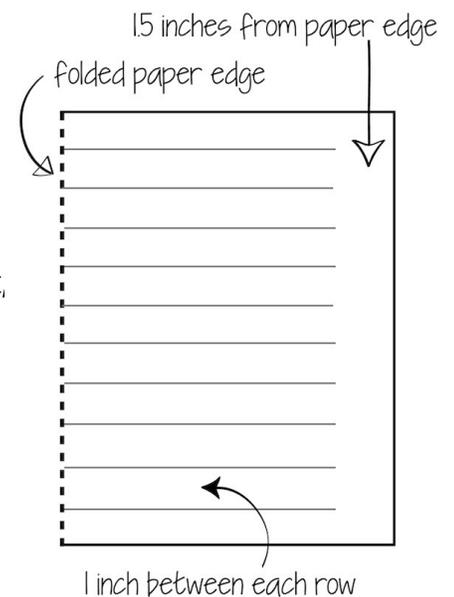
**Scrumptious Sushi** - For this snack, you can choose whether you want to make candy sushi, or fruit sushi! For candy sushi, you will need rice krispie treats, fruit roll ups, and gummy fish. Breaking the rice krispie treat into two or three pieces, place a gummy fish on top, and wrap with the fruit roll up. For fruit sushi, use banana slices instead of rice krispies, and cut up strawberries or your favorite fruit in place of the gummy fish!

**Down to Business Porridge** - This is a dish that we see Mulan eat in the movie. You will first need to make porridge or oatmeal as your base. Next, with an adult helping, fry two eggs and a strip of bacon. Finally place the eggs and bacon in the bowl with your porridge or oatmeal, and enjoy!



## Activity Ideas:

1) Chinese New Year is celebrated in many countries, including China. During the festivities, ancestors are honored and ceremonies are held to welcome the new year with luck, wealth and happiness. The celebrations typically last 15 days and can include dragon dances, gift exchanging, fireworks and lantern festivals. For this activity, we will be making paper lanterns! You will need paper (computer or construction paper), a pencil, a ruler, scissors, tape, string and coloring utensils. First, fold your paper in half, like a hamburger. Then following the diagram, lightly draw lines on your paper. You can then unfold the paper and decorate it any way you would like. Once decorated, fold the paper again, and cut carefully along your horizontal lines. Roll the paper to form a tall tube, and tape the tube together. You can then punch holes at the top for string, or tape string inside the lantern. You now have a Chinese lantern to remind you of Mulan's courage and strength!



2) Ancestors are very important in Chinese culture, and we see that in Mulan as well. Using a large piece of paper, and markers or crayons, draw a family tree. With help from your family, see how far back you can trace your ancestors! To make your family tree extra colorful, draw a picture of each family member.

## What Can You Do?

### 1) Use recycled paper

- A simple way to do our part to save trees is to recycle paper. Both of our movie night activities involve using paper, so this is the perfect time to start recycling! Instead of throwing away paper that has writing on one side, reuse that paper by using the blank side for your next project. Another way we can recycle paper is by being mindful when buying school supplies like notebooks and folders. There are many options that are made from recycled materials now!

### 2) Get Creative!

- During this time of staying home, it is the perfect opportunity to get creative. Instead of going to a craft store, think about items around your home that can be recycled for your creative projects. Toilet paper tubes, egg cartons, popsicle sticks, old magazines, and more can be used to create an unlimited number of projects!

