

DISNEY'S
*Princess and the
Frog*

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How to Watch the Movie:

- The Princess and the Frog is available on Netflix, 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!

Frog Eggs - This snack is deliciously simple! All you need for your frog egg snack are green grapes! If you want to "jazz" this snack up, add in some mini marshmallows and mini chocolate chips for a frog egg snack mix!

Lemon Up Lily Pad - For this snack you will need an adult helper, a Lemon Up cookie, a green apple, peanut butter and paper and crayons! With an adult helping, cut a slice of apple that will lay flat in a circle. This is your lily pad. Next, cut the cookie in half, and using peanut butter as "glue", set both halves of the cookie together on top of the lily pad, so that they are close enough to hold up a piece of paper between them. Finally, use your paper and crayons to draw your best frog, then place the paper between the cookie halves to make your frog sit on its lily pad! Don't forget to share it on social media with us using the hashtag #GSHPAmovienight

Mardi Gras Popcorn - To make this snack, you will need popcorn, food coloring, and melted coconut oil or butter. First, make your popcorn, whether it is microwave or air popper or stove top. (Plain popcorn without butter on it is best if you are using butter instead of coconut oil). Next, mix a small amount of butter or coconut oil together with purple or green food coloring. Once it is mixed together well, pour it over your popcorn in a large bowl, and use a spoon to mix it and evenly coat your popcorn!

Activity Ideas:

1) Mardi Gras is a celebration held every year in New Orleans. To learn more about each of the "ingredients" that go into Mardi Gras celebrations, watch [this video](#). What "ingredient" of Mardi Gras is your favorite? If it is the food, research a Mardi Gras recipe to make (with adult help!). If it is the parades and floats, use things around your house to create a parade float! Love the costumes and ball gowns? Ask family for permission to use dress up items from around your house to create your own costume!

2) Tiana has a dream of owning her own restaurant. Think about a dream you have, maybe it is a job you want to have when you grow up, or a place you want to travel to. Once you have your dream in mind, use pictures from magazines, online, or old book (that you are allowed to cut up), and create a vision board of things that you can look at every day that will inspire you to work hard toward achieving your dreams, just like Tiana.

3) While they are frogs, Tiana and Naveen spend a lot of time surrounded by nature, specifically the bayou, where they meet a lot of interesting creatures. The next time you take a walk outside, pay close attention to the sounds of nature. What animals or insects do you hear? Can you see all of the creatures making sounds, or are some hidden from sight? When you get home, draw a picture of all of the creatures you heard, and the type of environment they live in.

What Can You Do?

1) Conserve Natural Resources

- Natural resources include water, and things like gas, oil and coal from the ground that we use to make energy we need, like electricity and fuel for heating and transport. We need to be careful not to waste these resources, because during the processing time of turning these resources into energy, pollution is created and can pollute some of the very resources we need, such as water.

- You can do your part to conserve water and electricity in your very own home! While brushing your teeth, turn the water off until you need it, or take a shower instead of a bath. Work on saving electricity by turning lights off when they are not being used, and making sure not to keep the TV running if you are doing other activities.

2) Cut Back on Plastic

- Some types of plastic are not able to be recycled. Plastic is not biodegradable, so it does not break down on its own like food does. Some ways you can cut back on plastic include not using plastic straws, using cloth bags to shop with, and even trying to avoid plastic toys. If you do buy or have plastic toys, instead of throwing them out when you are done with them, consider donating them or handing them down to a sibling or other family member to recycle them!

3) Create a Butterfly Feeder

- Butterfly populations are smaller than ever, due to pollution, changing weather patterns, and loss of habitats.

- To create your butterfly feeder, you will need 1/4 cup sugar, 2 cups water, a bright colored cloth, and adult supervision

- With the help of an adult, heat the water and sugar in a saucepan on the stove until the sugar has dissolved. Once it has dissolved, take it off of the heat, and let it cool for at least 30 minutes. Once cooled, dip your cloth into the solution and soak it completely.

- Place your cloth near some brightly colored flowers and watch for butterflies to enjoy their treat!

