



Disney  
**FROZEN II**

**ACTIVITY PACKET**

Created in Partnership with  
Disney's Animals, Science and Environment



# Disney FROZEN II

NOVEMBER 22

IN DOLBY CINEMA, REAL D 3D AND IMAX

PARENTAL GUIDANCE SUGGESTED  
**PG**  
ACTION/PERIL AND SOME THEMATIC ELEMENTS  
Some Material May Not Be Suitable for Children

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**W**hy was Elsa born with magical powers? The answer is calling her and threatening her kingdom. Together with Anna, Kristoff, Olaf and Sven, she'll set out on a dangerous but remarkable journey. In "Frozen," Elsa feared her powers were too much for the world. In "Frozen 2," she must hope they are enough. From the Academy Award®-winning team—directors Jennifer Lee and Chris Buck, producer Peter Del Vecho and songwriters Kristen Anderson-Lopez and Robert Lopez—and featuring the voices of Idina Menzel, Kristen Bell, Jonathan Groff and Josh Gad, Walt Disney Animation Studios' "Frozen 2" opens in U.S. theaters on Nov. 22, 2019.

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### Acknowledgements

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Allyson Atkins  
Education Line of Business Manager  
Disney's Animals, Science and Environment



Elsa



Anna



Kristoff



Olaf



Sven

# Go FURTHER than before



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Earth



Fire



Water



Air

A mysterious voice pierces the cool evening air, calling out to Elsa with its haunting tune. Unable to shake the strange feeling it gives her, Elsa becomes distracted and unsettled until a whirlwind of natural elements threatens her kingdom. Guided by Pabbie, the wise elderly troll, Elsa seeks the voice that's been calling to her by venturing into the Enchanted Forest, a magical place that no one has been able to get in or out of in many years.

In order to save their kingdom, Anna, Elsa, Kristoff, Olaf and Sven leave Arendelle to find the origin of Elsa's powers in the enchanted land. Along their journey, the group encounters four magical elements of nature: earth, fire, water and air.

Each encounter poses unique challenges while also providing guidance along the way.

The magic of nature and its wonders are not bound to the Enchanted Forest alone. No matter where you live, the incredible elements of nature can be found right outside your door. And just as they inspired Anna, Elsa, Kristoff, Olaf and Sven, the magic of nature you find in your own backyard can unlock limitless opportunities to explore, discover and create.

Embark on your own unique journey into nature. The pages ahead will unlock adventures and rewards with each natural element you encounter along the way. Discover the magic and mystery of nature for yourself and don't miss "Frozen 2" in theaters November 22nd.



# Into the UNKNOWN

While seeking the answers to their past, Anna and Elsa travel beyond the boundaries of Arendelle with Olaf, Kristoff and Sven in order to discover the truth of why Elsa was born with powers. Guided by a far-off sound in the distance, they reach the edge of the Enchanted Forest. Surrounded by a deep fog, the group is unable to go any further until Elsa is able to use her incredible powers to cut through the mist and enter the unknown realm. As the fog clears a mysterious new world filled with dense autumn trees, rushing snow melt rivers and towering stone boulders emerges. While braving this unfamiliar landscape, they discover the magic of nature as the forest is awakened with incredible sights and natural elements filled with wonder and secrets.

*The real magic of nature is found in the benefits it provides to all who step outside.*

Some of the best adventures begin when you step beyond your familiar surroundings and discover the world right outside your own door. Not only does spending time in nature allow you to run, jump and explore, but outdoor locations provide opportunities to observe the fascinating plants and animals that call nature home. These creative thinking and observation skills help us become better problem solvers and decision makers, while providing us with the steps we need to take to find strength we never knew we had. The real magic of nature is found in the benefits it provides to all who step outside. Head on to the next page to start observing the natural world and find your own place to venture into the unknown.

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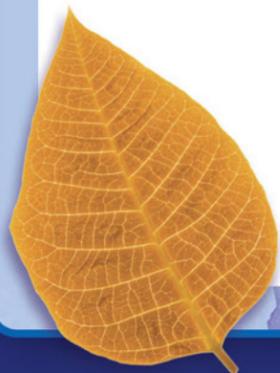


**Venture INTO THE NATURAL WORLD.** With an adult, head outdoors. You can venture into the forest, walk along an ocean shoreline or visit a nature location near your home to discover the mysteries of the natural world.

**Observe NATURE.** During your journey, observe the element of earth. Look for things such as rocks along a trail, the soil beneath your feet or the fallen petals of a flower. Pay attention to the details such as size, color and texture. You can even collect a few samples along the way, such as an interesting leaf or shell on the ground.

**Record YOUR FINDINGS.** Pick your favorite aspects from nature or objects from your journey and document them in the space below.

*Example:* November 1, 10:40 a.m.  
Small feather found on the ground next to a stream.  
May have fallen from a nearby bird nest.



**What earth elements did you observe? Did you find any patterns in nature? Did any of the items you discovered connect with one another?**



# NATURE *is magical*

**C**urious and cute, Bruni the salamander inhabits the Enchanted Forest. Though shy at first, Bruni can't help but be drawn to Elsa's icy magic and enjoys the cool snowflake treats she creates.

Outside of the Enchanted Forest, salamanders can be found throughout the world in many different types of environments. Salamanders are amphibians and live in or near water or other cool, damp locations. Some species, like the spotted salamander, have unique color patterns that act as a signal to other animals to stay away. Their black and yellow spotted coloration indicates the salamander has poison glands found on their body that produce toxins harmful to other animals. Possessing such a unique adaptation helps this shy and reclusive amphibian survive throughout its forest home.

## *Have you ever seen a salamander?*

Have you ever seen a salamander or another type of amphibian like a frog or newt in a pond or nearby park? Did it have colorful markings or did it camouflage into the environment? Head to the next page to observe the unique adaptations of wildlife near you and imagine a new type of salamander that would survive in the outdoor environment you live in.



*Designed TO SURVIVE.* In the wild, animals like the salamander possess special adaptations that help them survive in their environment. What adaptations would be helpful in your area?



*Head OUTSIDE* with an adult to observe the wildlife in your own backyard or greater community. Can you find any plants or animals that have adapted to survive in the type of ecosystem where you live?

*Think OF TRAITS* that an animal would need to live in your neighborhood—this could be special coloring for camouflage, a unique sense of smell for finding food or other adaptations for moving around the environment. Write down your ideas in the space below.

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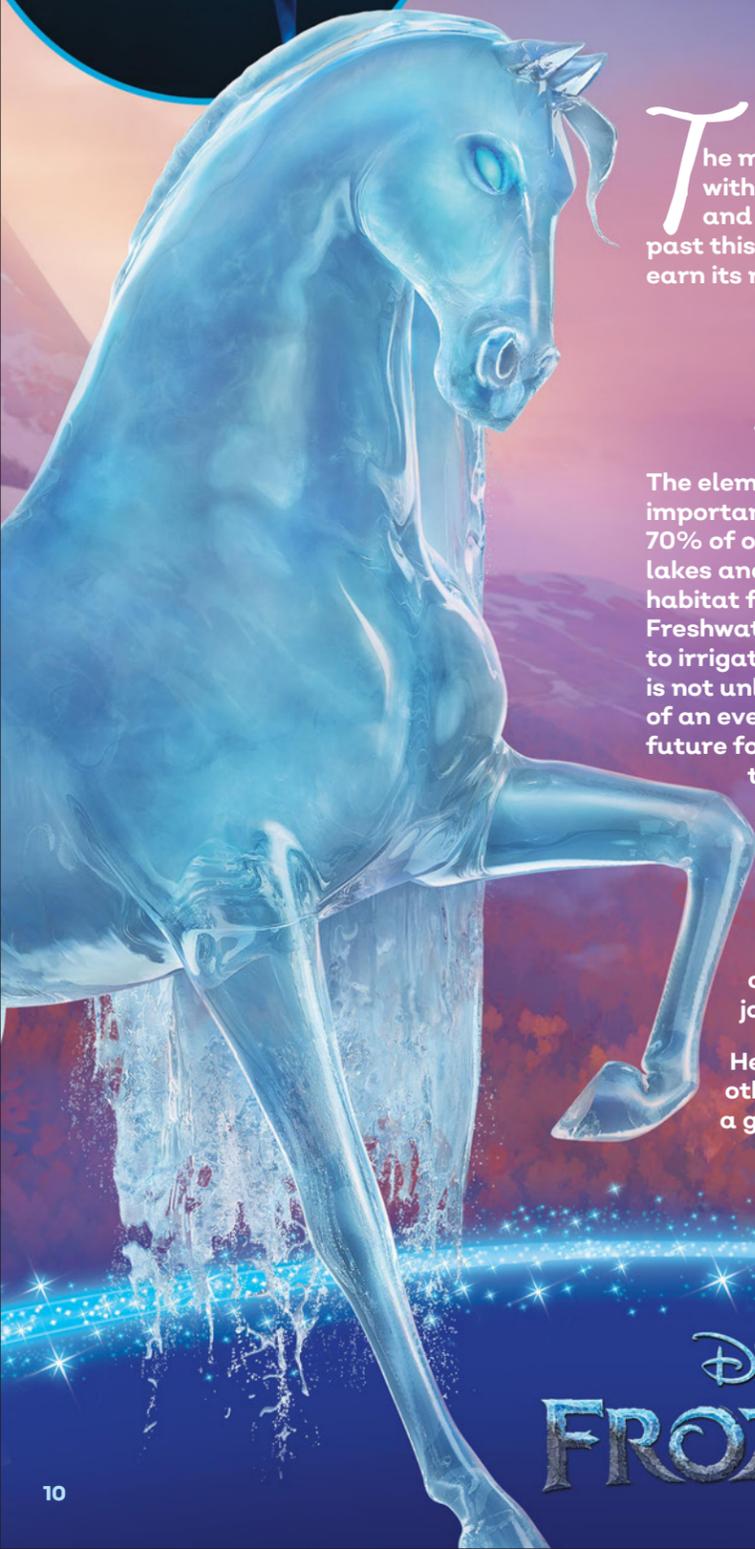
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*Draw A NEW SPECIES* of salamander that will call your neighborhood home. Use the ideas from your nature observations for inspiration, get creative and don't be afraid to think outside the box. Draw your own salamander on another piece of paper or use the salamander shape to the right.



# a GUARDIAN for nature

The mythical water spirit, the Nokk, takes the form of a horse with the power of the ocean. The Nokk is an intense warrior and guards the secrets of the forest fiercely. In order to get past this guardian, a person must prove they are worthy and earn its respect—an almost impossible task.

*We must make the choice to become guardians for nature.*

The element of water the Nokk represents is one of the most important resources we have on Earth. Water covers around 70% of our planet's surface, making up the oceans, rivers, lakes and streams that create diverse natural landscapes and habitat for the aquatic animals that live in these ecosystems. Freshwater used for drinking is essential for survival and is used to irrigate the fields of crops that feed the world. However, water is not unlimited. As its usage increases, we face the challenge of an ever-dwindling freshwater supply. In order to protect the future for this incredible element, we must all make the choice to become guardians for nature. Turning off a running faucet when not in use or shortening the time you spend in a shower—these are just a few easy steps that can be taken in our everyday lives that can make a lasting impact over time and protect precious natural resources. By being mindful of our water use we can ensure the important supply that remains is conserved for future generations and inspire others to join in the role of nature guardian.

Head to the next page to challenge yourself with other water saving actions you can take to become a guardian for nature.

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*Reduce* YOUR WATER USE. In many locations around the world, freshwater is in high demand and short supply. It is important that we use water responsibly to help preserve nature's water supply for both people and animals.

*Take* ACTION. There are many simple, everyday actions you can take to help. In the columns below, match some of the activities you do each day by drawing a line to the action you take to reduce your water usage on the right.

It's the end of the school day, and you have some water left over in your water bottle.



\_\_\_\_\_

You finish dinner and have a few small bits of food left on your plate.



\_\_\_\_\_

You're helping with chores and notice the dishwasher is only half full.



\_\_\_\_\_

You live in an area that receives a lot of rain.



\_\_\_\_\_

It's summer time and you and your friends decide to play water games outside to cool down.



Don't let an outside hose run for longer than you need it, and look for ways to reuse or reduce water during outdoor play.

\_\_\_\_\_



Compost the food scraps instead of washing them down the drain.

\_\_\_\_\_



Instead of dumping water down the drain, use extra water for indoor or outdoor plants.

\_\_\_\_\_



Set up a rain barrel to catch rain water to be used for watering your garden, or other outside tasks.

\_\_\_\_\_



Wait to run the dishwasher until it is a full load to save water.

Answer Key: 1, C, 2, B, 3, E, 4, D, 5, A

# Change is in THE AIR

A salamander, earth giants and water in the shape of a mighty horse—within the Enchanted Forest, creatures from nature interact with those who enter the magical land. But what about the element of air? It too is ever present, and throughout Elsa and Anna's journey, this spirit guides them through the forest even when it is unseen. How? The element of air is felt through a sudden gust that breezes through Elsa and Anna's hair or by lifting fallen leaves in a spiral swirl to show the path to travel. Even when they cannot see the element of air, Elsa and Anna know it's there.

*By spending time in nature,  
we are able to reduce our stress.*

What clues can you observe to discover the element of air? Perhaps you have a tall tree at your school that sways back and forth when the breeze picks up. Or maybe the wind blows through your neighbor's garden, creating a symphony of calming sounds that helps ease your mind. By spending time in nature observing these small moments, we are able to reduce our stress and increase our health for the better. Finding space outdoors where you can relax and enjoy nature can be challenging. To help, consider creating a memorable and treasured space outdoors by designing items that help you interact with elements from nature. You can even create your own wind mobile by using the directions on the next page to catch this element in motion.

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Discover THE ELEMENT OF AIR by  
watching it interact with a creation of your own!

## Create YOUR OWN WIND MOBILE

**SUPPLIES:** Ask an adult to help you gather these items

- Contact paper
- Cup
- Scissors
- String or yarn
- Marker
- Tree branch or clothing hanger
- Hole punch
- Items from nature or small drawings to hang in your wind mobile

1. Take a piece of contact paper and trace the bottom of a circular cup six times. Peel the backing off of the contact paper and lay the paper on a flat surface with the sticky side facing up.
2. Fill in the circles with the items you found on a nature walk, recycled materials or drawings of nature. Get as creative as you'd like!
3. Once you have finished filling in the circles, press another piece of contact paper on top to keep your items in place.
4. Cut out the traced circles from the contact paper. Using a hole punch, punch a hole at the top of each circle and tie a string through the hole.
5. Tie the other end of each string to a tree branch or clothing hanger. Hang your creation outdoors and watch how the wind interacts with your nature mobile on different days.



# The FOREST is awakened

Ever since they were children, stories have influenced the paths of Elsa and Anna. Lying in bed, their mother and father would share tales of the history of Arendelle and the Enchanted Forest found at the border. It was told that this far away landscape was a magical place, but something went wrong and since that incident no one has been able to get in or out. Elsa and Anna would remember this story many years later as they entered the Enchanted Forest to find the source of Elsa's powers in order to save their kingdom.

*Create your own nature story that details your time outdoors.*

The story Elsa and Anna's father told them was based on his own experience, and although it served as a great bedtime tale, it also shared information from the past that helped Elsa and Anna on their important journey. Think of the activities you have completed in this booklet and the pieces of information you've learned by interacting with the elements of nature. Did any of the elements interact with each other during your adventures outdoors? Head to the next page to create your own nature story that details your time outdoors and share your explorations with those closest to you.



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*Tell A TALE.* The Enchanted Forest has long been a place of magic and mystery. Now that you have explored the many elements of nature, create your own adventure story of how you and your friends would find your way through the forest.

1. Gather one or more friends or family members to begin this story game.
2. Cut out all of the story element squares from below. Use the blank squares to design a few of your own storytelling elements.
3. Place each element square face down on a table and mix up the squares.
4. Invite everyone to pick up a story element square.
5. Using the story element squares, take turns telling part of the story in any sequence with each person adding a new part to the story using their squares as inspiration.



↪ Create a few of your own story squares! ↩



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<https://movies.disney.com/frozen-2>



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