

Chapter One

THE STORY OF THE NORTHULDRA



Disney FROZEN II

ADVENTURE PASSPORT CHALLENGE

TELL

Do you remember how our adventure started today? King Agnarr was telling Elsa and Anna about the Northuldra people and how they were trapped in the forest by the magical mist.

Can you tell someone the rest of today's story? Don't forget to tell them how the story finished.

READ

Elsa calls out to the voice... I can hear you...

...What do you want...?

...Are you out there...?

...How do I follow you...?

Elsa is desperate to keep hearing the voice, she begs for it not to leave her, she wants to know how to follow the sound into the unknown.

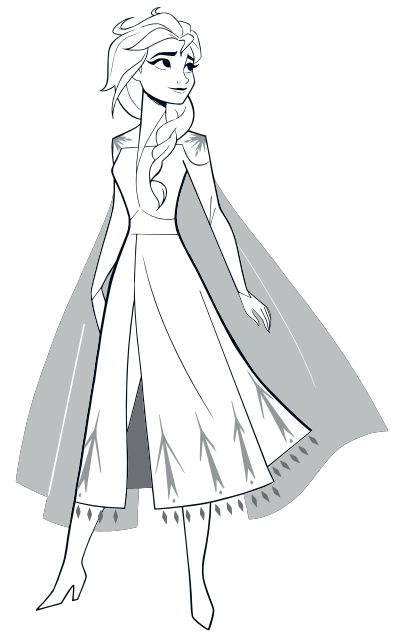
PLAY

Do you remember the moves for the spirits? Try practising these – you can even practise being a leader like Elsa and teach someone else.

COMMAND	ACTION WITHOUT BALL	PROGRESSION WITH BALL
Wind	With feet shoulder-width apart, spin in circles shouting "Whoosh".	Move the ball in a circle shouting "Whoosh".
Water	Complete three hops into puddles shouting "Splish, splash, splosh".	Try and flick the ball off the ground three times shouting "Splish, splash, splosh".
Earth	Safely, with enough space, try a forward roll.	Place the ball between your ankles and do a forward roll.
Fire	Accelerate and suddenly stop, then wave your arms shouting "Fire".	Move with the ball quickly then suddenly stop.

DRAW/WRITE

The Northuldra people have lived in the forest for 34 years. Write a story about their lives while they were trapped in the forest by the mist.



CREATE

The Northuldra forest is full of beautiful autumnal leaves. Use paper to create your own colourful leaves. You could try colouring some leaves with paint or use some cardboard boxes to make a large tree.