

A full-page background image of the movie Mulan. Mulan is depicted in a dynamic pose, wearing a vibrant red Chinese robe with intricate gold embroidery. She holds a long, silver sword aloft in her right hand, with its hilt featuring a red tassel. Her long, dark hair is blowing in the wind. She is wearing traditional Chinese armor, including a skirt with a scale-like pattern and a sword in a scabbard at her waist. The background is a misty, mountainous landscape with a hint of a battle scene in the distance.

# Activity Packet

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

Disney

# MULAN

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**A**

claimed filmmaker Niki Caro

brings the epic tale of China's legendary warrior to life in Disney's "Mulan," in which a fearless young woman risks everything out of love for her family and her country to become one of the greatest warriors China has ever known. When the Emperor of China issues a decree that one man per family must serve in the Imperial Army to defend the country from Northern invaders, Hua Mulan, the eldest daughter of an honored warrior, steps in to take the place of her ailing father. Masquerading as a man, Hua Jun, she is tested every step of the way and must harness her inner-strength and embrace her true potential. It is an epic journey that will transform her into an honored warrior and earn her the respect of a grateful nation...and a proud father.

"Mulan" features a celebrated international cast that includes: Yifei Liu as Mulan; Donnie Yen as Commander Tung; Jason Scott Lee as Böri Khan; Yoson An as Cheng Honghui; with Gong Li as Xianniang and Jet Li as the Emperor. The film is directed by Niki Caro from a screenplay by Rick Jaffa & Amanda Silver and Lauren Hynek & Elizabeth Martin, suggested by the narrative poem "The Ballad of Mulan." The producers are Jason T. Reed, Chris Bender and Jake Weiner, with Bill Kong, Barrie M. Osborne, Tim Coddington and Mario Iscovich serving as executive producers.





The background of the poster features a dark, atmospheric scene of a tree and a body of water at night.

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DISNEY PRESENTS "MULAN" A JASON T. REED/GOOD FEAR PRODUCTION A NIKI CARO FILM YIFEI LIU DONNIE YEN JASON SCOTT LEE  
YOSON AN WITH GONG LI AND JET LI MUSIC BY HARRY GREGSON-WILLIAMS COSTUME DESIGNER BINA DAIGELER EDITOR DAVID COULSON PRODUCTION DESIGNER GRANT MAJOR EXECUTIVE PRODUCERS MANDY WALKER, ASC, ACS EXECUTIVE PRODUCERS BILL KONG BARRIE M. OSBORNE  
PRODUCED BY CHRIS BENDER, P.G.A. AND JAKE WEINER, P.G.A. JASON T. REED, P.G.A. SCREENPLAY BY RICK JAFFA & AMANDA SILVER AND LAUREN HYNK & ELIZABETH MARTIN DIRECTED BY NIKI CARO

PARENTS STRONGLY CAUTIONED	FOR SEQUENCES OF VIOLENCE
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Some Material May Be Inappropriate for Children Under 13	





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Warrior Mindset

**W**hile serving in the Chinese Imperial Army, Mulan faces many uncertainties. Does she have what it takes to complete her training? Will she have what it takes to succeed in battle? And perhaps most of all—can she keep her true identity hidden and bring honor to her family?

Mulan does not let these fears or uncertainties stop her from pursuing her goal. Through her sacrifice and perseverance, Mulan ultimately discovers who she is by embracing her true inner strength to become a legendary warrior.

Like Mulan, you already possess your own unique strengths and gifts that make you capable of achieving more than you may even realize. Journey alongside Mulan to harness your own talents and discover what makes you legendary. As you venture through this Activity Packet, we invite you to map out your dreams and goals, explore your values by designing an emblem unique to you and your family and head outdoors to train your inner warrior by taking inspiration from the natural world around you. In the pages ahead, uncover the adventure for yourself.

#### Acknowledgements

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







# MULAN

The fearless and spirited eldest daughter of an honored warrior, Hua Mulan is the apple of her father's eye. When the Emperor mobilizes his troops to fight the onslaught of invaders from the North, she masquerades as a man to take the place of her ailing father under the name Hua Jun, setting her on an adventure that will transform her into a legendary warrior.

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TAKE THE

# JOURNEY

Just as Mulan faced her obstacles head on, you may discover that some of your greatest strengths can be found when you step outside your comfort zone in order to become who you are meant to be. Taking the time to reflect on what you've already accomplished in your life, as well as what you hope to achieve next, can lead to your own self-discovery.

What are your dreams and goals? Though becoming a great warrior may not be your ambition, is your own goal leading you to self-discovery? Perhaps you dream of creating the next great invention, exploring the wilderness or helping people or animals in your community? Think about embracing who you are and what you are working toward. Head to the next page to begin your transformation and determine how you will work towards your goals through a journey of your own.



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**MULAN**

# Disney MULAN

## CHART YOUR GOAL JOURNEY

Using the phoenix as your guide, write or draw pictures in the spaces below to record the steps to achieving your goal. As you plan your transformation in the spaces, reflect on what you have created and decide how you will overcome obstacles to become who you are meant to be.

I AM REALLY  
GOOD AT...


I CAN  
WORK ON...

MY OBSTACLES  
ARE...

WAYS I CAN OVERCOME  
MY OBSTACLES:

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**M**ulan's journey leads her to battle through a multitude of iconic natural landscapes. China is home to a variety of landforms and ecosystems which make up a rich natural history. In the Chinese language, the term landscape consists of two Chinese characters meaning 'mountain' and 'water.' Mighty mountains, raging rivers, thick forests and dry sand deserts are just a few of the diverse natural landscapes found within China's borders. The importance of nature within Chinese culture is evident by the portrayal of natural spaces in landscape paintings, as well as other Chinese art forms.

# SPIRIT OF NATURE

No matter where you live, there are many beautiful and unique natural landscapes to explore and be inspired by. Natural spaces are ever-changing as seasons transform the earth, and lands are altered by weather, continuously providing new displays to capture our imaginations.

Have you noticed the variety of colors and textures found within your surrounding landscapes? From the sparkling white hills created by freshly fallen snow to the colorful mosaic of changing leaves lining an autumn sky, the wonders of nature have inspired artists for centuries. Have you ever been inspired by nature to create a piece of artwork? Head to the next page to begin exploring the natural landscapes around you and create your own artwork inspired by the beauty and diversity of nature.



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## YOUR OWN UNIQUE LANDSCAPE

Head outdoors with an adult and find a landscape in your own backyard or community that catches your eye. Observe the elements of nature around you and focus on the details.

Can you find a landscape that possesses a variety of colors and textures?

Using the beauty of nature as inspiration, create a piece of artwork showcasing the nature setting near you. First, in the box below, map out your ideas by writing or drawing the elements of nature you would like to include in your landscape drawing.

Are you inspired by a tree, river or patch of flowers?

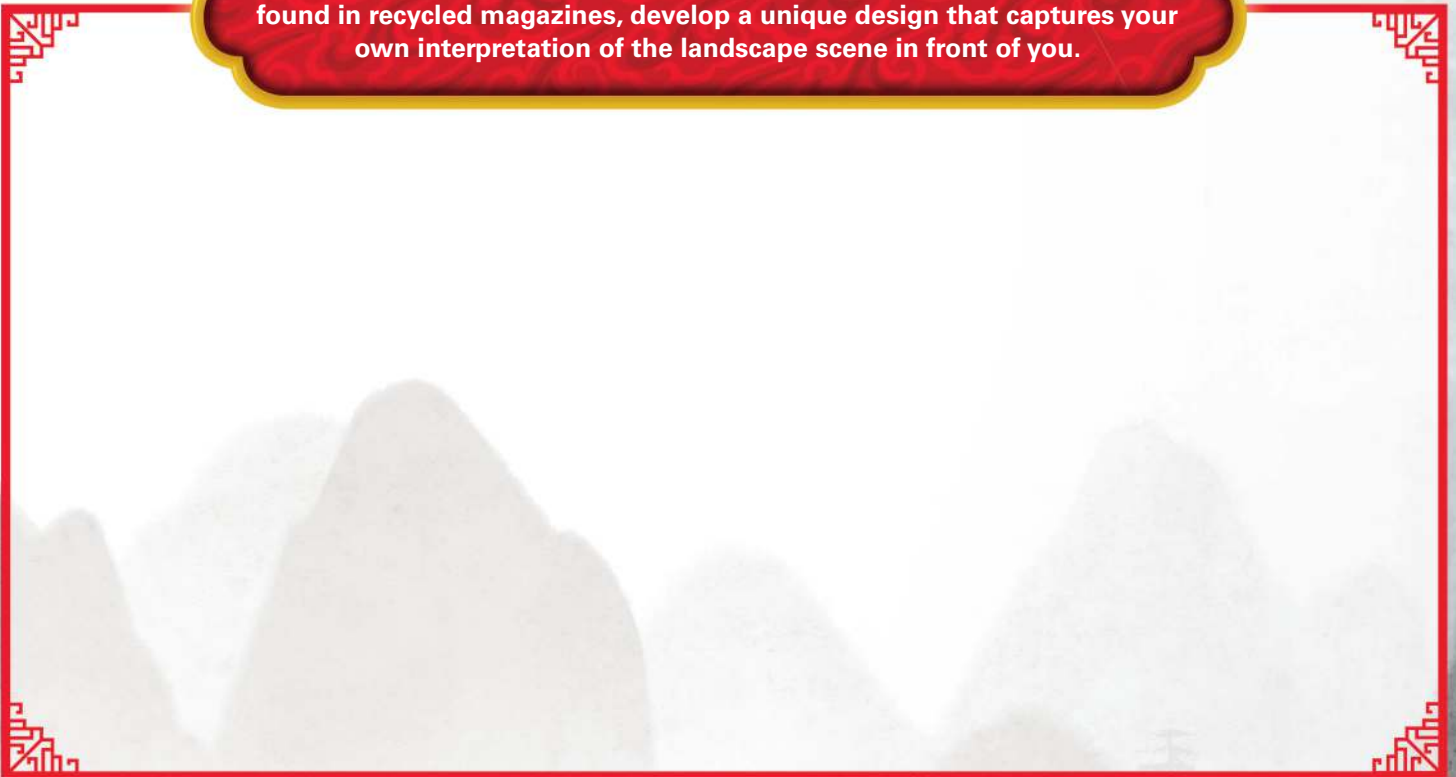
Example:



Map your ideas.



Next, in the space below, by drawing, painting or even using pictures found in recycled magazines, develop a unique design that captures your own interpretation of the landscape scene in front of you.



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**E**ngraved along the base of a sword belonging to Mulan's father are the Chinese characters signifying "Loyal Brave True." As she is tested through difficult training and battle, a simple glance at these words serves as a reminder to Mulan of her family's values and legacy. This constant reminder of her ancestors and family's core beliefs plays an important role in guiding and motivating Mulan throughout her journey.

**HONOR MY**

**#FAMILY**

For centuries, families have used words and imagery to represent their own core values. A family crest, for example, is a visual emblem that showcases what a family has achieved or what matters most to them. In these designs, various symbols are often used on a crest to identify particular traits, customs or beliefs important to a family. For example, a valiant horse may represent the value of bravery, an old, sturdy tree may stand for wisdom and knowledge, or a majestic, soaring bird could signify freedom or harmony.

Think about the values and traditions that you and your family hold dear, and consider how those traits can be interpreted through words or symbols. Perhaps your family is passionate about volunteering in your neighborhood or reducing your impact on the planet by taking actions such as recycling and composting. Are there particular words, images or shapes that you could use to embody what your family stands for? Follow the steps on the next page to illustrate those beliefs through the design of a unique family crest.

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## MY FAMILY CREST

Brainstorm words that describe what is important to your family and write the words on the lines below. Then, choose one or two words you've written down and think about an image or symbol that could represent each word. In the area below, combine the images and words into a drawing that shares your family's legacy.


### Design Your Own Family Crest

Examples:



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In Chinese literature, poetry is one of the earliest forms of writing. The character of Mulan was inspired by an ancient Chinese ballad, "The Ballad of Mulan," which was first transcribed from oral storytelling in sixth century China. For centuries, Mulan has been revered in China for her sacrifice and the perseverance that made her legendary. Mulan continues to inspire people through her unexpected strength and spirit.

# STRENGTH AND SPIRIT

Inspiration can be found just about anywhere—particularly within nature. Connecting with nature provides opportunities to reflect on our true purpose and focus on personal growth.

Some elements of nature, like flowers, may seem delicate, but are often stronger than they appear. Have you ever witnessed a tiny sprout, small and fragile, rising through a brick wall or crack in the ground? These elements can serve as metaphors for our own growth and offer a deeper understanding to our own personal inner strengths. Consider which aspects of nature you relate to the most. Is it the strength of tall trees or the constant changes in the wind? Head to the next page to construct a poem inspired by the strength and beauty of nature.



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Nature inspires me when:

Other thoughts:

My favorite outdoor place is:

Nature shows strength by:

I connect to nature most when:

Nature's greatest attribute is:

I admire the natural world's ability to:

## CONNECT TO NATURE

In your favorite nature spot, observe the beauty around you and see what aspects inspire you most. Create a unique poem that represents you based on your experience in nature. In the space to the left, finish the prompts in the flower petals. Then, arrange the phrases from your answers on the lines at the bottom of this page to construct a poem. Hang the poem on your wall as a reminder to find the beauty in nature each day!

*Example: Nature inspires me when the wind softly blows through the trees. Nature shows strength by how the trees withstand wind yet the leaves move slowly in the breeze. I connect to nature most when I close my eyes and feel the wind blow. Nature's greatest attribute is the variety of colors found within it. I admire the natural world's ability to change.*

Title: \_\_\_\_\_

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WARRIOR

# MINDSET

In an act of true bravery, Mulan makes the decision to take her father's place and defend her country by serving in the Imperial Army. When she begins her training, Mulan struggles to learn the skills that all soldiers must possess in order to serve in the army. Determined to honor her family, Mulan remains focused and rises each day to face the challenge. As her training progresses, she not only succeeds in reaching the physical requirements of the army, but hones the mental discipline required to defeat any obstacle that comes her way. It is by staying true to herself that Mulan embraces her true potential and becomes a legendary warrior.

At some point, each of us faces our own challenges at school, at work or in our daily activities and responsibilities. Like Mulan, we can choose to adopt a mindset of determination and strength. To begin training your inner warrior, a few minutes spent outside in nature, focusing on the day ahead may be all you need. Did you know that connecting with nature can have unlimited benefits on both your physical and mental health? Simple actions like stepping outside for even a few minutes for some fresh air and sunshine, exercising or stretching in your backyard or simply sitting on a park bench and observing a tree swaying in the wind can have a dramatic impact on your mood and motivation. Head to the next page for some inspiration and ideas of things you can do to develop the strength of a true warrior.



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## STRENGTH OF MIND

The mindset with which you start each day can have a big impact on your energy level and endurance to accomplish tasks. To help you face the day with the strength of a warrior, take inspiration from nature!

Choose a favorite spot outdoors, such as a tree in your backyard or a nearby park bench, and try out the Mindful Mindset Challenges below. Once you've finished a challenge, cut out a puzzle tile on the dotted line. Then, piece together the tiles to reveal a hidden image.

### MINDFUL MINDSET CHALLENGES



#### CLEAR THE AIR

Close your eyes, count to ten and breathe slowly. Take note of any elements of nature around you, such as the warmth of the sun, a refreshing breeze, or the sounds of birds or insects. Repeat this exercise until you feel calm and focused.



#### PEACE OF NATURE

Grab a notebook and spend 5–10 minutes drawing or journaling about any wildlife you encounter, including plants, insects or animals. You can also use your imagination to draw animals you think may frequent the surrounding habitat.



#### TASK ATTACK

Make a list of the tasks you need to accomplish today and this week. Separate your list into two columns—tasks you must get done (like homework and chores) and tasks you'd like to get done. Your list can help keep you organized and maintain progress toward your goals. Cross off the tasks as you complete them.



#### DAILY GRATITUDE

Sit outside and reflect on your day. By journaling or speaking with a friend or family member, share one thing that happened during the day that you are grateful for. Utilize this practice each day to help develop a positive frame of mind that can aid you through challenging moments.



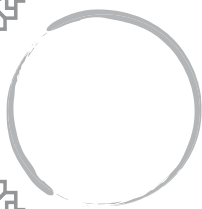
#### WARRIOR FORM

With the help of an adult, research a new exercise, stretch or martial arts move. Step outside and try out your new move or pose to get your body moving and increase your energy.

#### Puzzle Tiles:



Create your own mindful mindset challenge!



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