

My Shake Up Suitcase

Get ready for your
adventure through six
magical Disney stories!

Pack your suitcase with
your 10 Minute Shake Up
activity ideas.



My Shake Up to do with friends



My Shake Up is called:

It helps me practise these skills:

Write about or draw your Shake Up here:



Lightning McQueen uses
agility to compete in the race

Whose story are you most excited to explore? (Circle one)



Lightning McQueen



Belle



Flash



Ben



Anna



Maui

Which character's Shake Up are you most looking forward to doing?



What skills are they good at?



Jumping



Running



Balancing



Agility



Throwing & catching



Swimming



Coordination

My Shake Up to do by myself

My Shake Up is called:

It helps me practise these skills:

Write about or draw your Shake Up here:

A scene from the Disney movie Moana showing the character Maui and Moana in a traditional wooden boat on the water. The scene is framed as if it's a page being turned over the bottom right corner of the worksheet. The Disney Moana logo is visible at the bottom left of the scene, and the text 'Moana uses balance to stand on her boat' is at the bottom right. A vertical copyright notice '©2017 Disney' is on the far right edge of the scene.