

THE PAGEANT PREP EBOOK & WORKBOOK FOR GIRLS AND THEIR MUMS

Crowned from within

Confidence, interview skills, community service and every checklist you need, plus 27 workbook and activity pages to fill in together.

Ages 4 to 18 | For the contestant | For mum & family

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WELCOME

Welcome, future queen

The dress gets you noticed. Confidence, a clear voice and a kind heart are what judges remember.

This book is for two people: the girl getting ready to walk on stage, and the grown-up walking beside her. Read it together, a chapter at a time, and fill in the workbook pages as you go.

How the book works

- **Five chapters** cover confidence, the interview, community service, preparation and fun practice activities.
- **Workbook pages** follow each chapter. You'll know them by the pink "Workbook" tag. Print extra copies whenever you need them.
- **Mum's corner** closes each chapter with a short note on how to help without adding pressure.
- **A note for mum** at the end covers costs, contracts and keeping pageants healthy and fun.

Find your age division

Divisions differ between pageant systems, so always check your own pageant's official rules. As a general guide:

TYPICAL DIVISION	TYPICAL AGES	WHAT JUDGES OFTEN LOOK FOR
Little / Tiny Miss	4 to 8	Sparkle, manners, joy on stage, simple answers
Pre-teen / Junior	9 to 12	Poise, eye contact, a cause she cares about
Teen	13 to 18	Confident interview, a real service platform, stage presence

> For younger girls, mum can read aloud and write down answers in her daughter's own words. Teens can work alone, then practise with family.

Crowned From Within

The pageant prep ebook & workbook for girls and their mums

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CHAPTER ONE

1

Building confidence

Confidence is a skill, like walking in heels. Nobody is born with it. You build it with small, repeated practice.

- The three kinds of pageant confidence
- Your six-week confidence ladder
- What to do when nerves show up
- The two-minute calm and tall routine
- Affirmation cards and workbook pages

CHAPTER 1

The three kinds of pageant confidence

Judges can see confidence before you say a word. It shows up in three places.

Body

Standing tall, shoulders relaxed, chin level. Your posture tells the judges you're glad to be there.

Voice

Speaking slowly and clearly enough for the back row. A pause is fine. Rushing is the most common nervous habit.

Heart

Knowing you're worthy whether or not you win. This is the kind that lasts after the crown goes back in its box.

Body confidence: try this today

- Stand with your back against a wall: heels, bottom, shoulders and head touching. Step away and keep that feeling.
- Imagine a string gently pulling the top of your head toward the ceiling.
- Let your arms hang naturally. Hands softly curved, never fists.

Voice confidence: try this today

- Read a page of your favourite book aloud, as if to someone across the room.
- Count to three silently between sentences. It will feel slow to you and sound just right to everyone else.
- Smile while you speak. People can hear a smile.

Heart confidence: try this today

- Name three things you like about yourself that have nothing to do with how you look.
- Pay someone else a real compliment.
- Remember: a pageant is one day. You are you every day.

CHAPTER 1

Your six-week confidence ladder

Climb one small step each week. Each one is a little braver than the last. Track your climb on the workbook page later in this chapter.

1 **Mirror hello**
Introduce yourself to a mirror: your name, age and one thing you love. Smile at the end.

2 **Family hello**
Introduce yourself to a family member with eye contact and a smile. Ask them to clap!

3 **Real-world voice**
Order your own food at a restaurant or ask a shop assistant a question.

4 **The walk**
Walk across a room in your pageant shoes while a family member watches. Stop, smile, turn.

5 **New listener**
Answer three interview questions for a grown-up who isn't family, such as a coach or teacher.

6 **Dress rehearsal**
Do a full rehearsal: gown, walk, introduction and a few interview questions.

CHAPTER 1

When nerves show up

Every girl backstage feels nervous, even the ones who've won before. Nervous means you care. Here's what to do with that feeling.

Shaky hands

Lightly press your thumb and middle finger together. It gives your hands a job and keeps them still.

Butterflies in your tummy

Breathe in through your nose for 4, out through your mouth for 6. Long breaths out help your body slow down.

Mind goes blank

Smile, take one breath and say, "That's a great question." It buys you three seconds to think.

You trip or stumble

Keep smiling and keep going. Judges notice how you recover far more than the stumble itself.

Comparing yourself

Every girl has her own strengths. Pay one of them a kind compliment. It helps you both.

Worrying about winning

Switch to a goal you control: "I'll smile the whole walk." Chapter 4 has a goal worksheet.

The two-minute calm and tall routine

Do this backstage or in the bathroom before you go on. Many performers find a routine like this helps them feel calmer and steadier.

1. Stand like a champion: feet apart, hands on hips, chin up.
2. Breathe in for 4 counts, hold for 4, breathe out for 6. Repeat 8 times.
3. Say your favourite affirmation three times, quietly or in your head.
4. Shake out your hands, roll your shoulders back, smile. You're ready.

Affirmation cards

Cut these out. Pick one each morning and say it out loud three times. Tuck your favourite into your pageant bag.

Cut along the dashed lines

LITTLE MISS I am brave, I am kind, and I shine my own way.	LITTLE MISS I can do hard things.	LITTLE MISS My smile makes people happy.
LITTLE MISS Mistakes help me learn.	LITTLE MISS I stand tall and proud.	LITTLE MISS My voice matters.
PRE-TEEN & TEEN I don't need to be perfect to be powerful.	PRE-TEEN & TEEN My worth isn't decided by a score sheet.	PRE-TEEN & TEEN I am prepared, and I trust my practice.
PRE-TEEN & TEEN Nervous means I care. I can use that energy.	PRE-TEEN & TEEN I compete with who I was yesterday.	PRE-TEEN & TEEN Kindness is my strongest look.

WORKBOOK · ALL AGES

My confidence ladder tracker

Write the date when you complete each step, then colour the circle that matches how you felt.

STEP	CHALLENGE	DATE DONE	HOW I FELT
1	Mirror hello		◯ nervous ◯ okay ◯ proud
2	Family hello		◯ nervous ◯ okay ◯ proud
3	Real-world voice		◯ nervous ◯ okay ◯ proud
4	The walk		◯ nervous ◯ okay ◯ proud
5	New listener		◯ nervous ◯ okay ◯ proud
6	Dress rehearsal		◯ nervous ◯ okay ◯ proud

The bravest thing I did this month

What helped me feel brave

Who cheered me on

All about me

Fill this in, then use it to practise your introduction out loud. Judges love hearing what makes you, you.

DRAW YOURSELF ON STAGE

My first name

My age

Three words that describe me

My favourite colour

Something I love to do

When I grow up I want to be

My hero is... because...

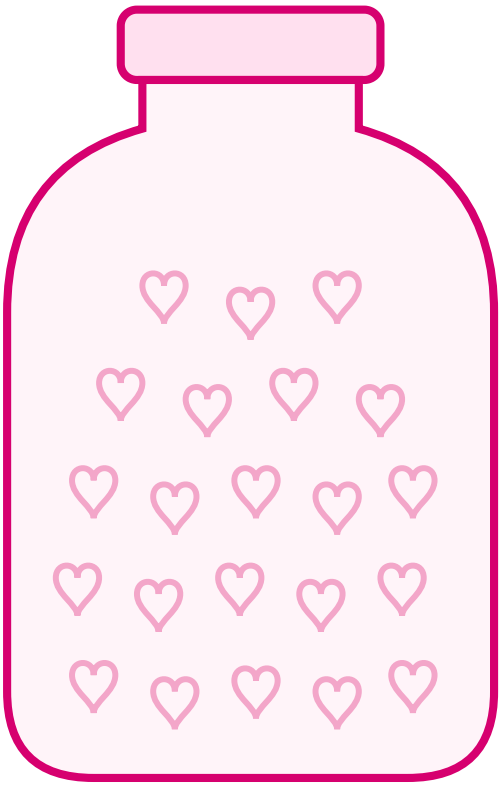
Something I'm proud of

My 30-second introduction

"Hello, my name is ____ and I am ____ years old. Three words that describe me are ____. I love ____. When I grow up, I want to be ____. Thank you!"

My brag jar

Every evening, add one thing you did well today. Colour in a heart in the jar for each one. Read the whole page the night before the pageant.



1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22

Ideas: I spoke up in class. I kept smiling when I forgot a step. I helped my brother. I practised even when I was tired.

MUM'S CORNER

For mum

Your words become her inner voice. The way you talk about pageants now is how she'll talk to herself on stage.

Praise what she controls

Try "I loved how you kept smiling when the music started late" instead of "You looked perfect." Praise effort, courage, kindness and practice, not looks or results.

Keep food and weight out of it

Leave dieting and weight talk out of pageant prep entirely, especially for children and young teens. Normal meals, water and sleep are all the "body prep" she needs.

Model calm

Kids borrow our nerves. If you're rushing and stressed backstage, she will be too. Pack the night before, arrive early, and practise the calm and tall routine together.

Listen when she wants to stop

If she says she doesn't want to compete anymore, take it seriously and ask why. Some breaks are temporary. Some aren't. Both are okay.

> **Try tonight:** at dinner, everyone shares one brave thing they did today. Mum goes first.

CHAPTER TWO

2

The pageant interview

Interview is often one of the biggest parts of the score. Judges aren't looking for a perfect answer. They want to meet the real you.

- What happens in the interview room
- The PREP answer recipe
- Do's and don'ts
- 45 practice questions in three age groups
- Answer planner and mock interview score sheets

CHAPTER 2

Inside the interview room

Knowing what to expect takes away half the nerves. Many interviews follow a simple pattern like this one.

1 **Walk in**
Walk tall to your mark or chair. Smile before you reach it.

2 **Greet the panel**
"Good morning, judges." Some pageants ask you to say your name and number. Check your rules.

3 **Answer questions**
Usually a few minutes long. Look at the judge who asked, then include the others as you answer.

4 **Closing statement**
Some pageants ask for a short closing line. Have a sentence ready about why you're here.

5 **Say thank you**
"Thank you so much for your time." Smile and walk out as tall as you walked in.

What judges are often looking for

- **Personality.** Are you warm and genuine?
- **Communication.** Can they hear and understand you?
- **Poise.** Do you stay calm when a question surprises you?
- **Substance.** Do you have interests, opinions and a cause you care about?

CHAPTER 2

The PREP answer recipe

When a question surprises you, build your answer in four parts. Aim for 30 to 45 seconds, about 70 to 100 words.

P
Point
Answer the question in one sentence.

R
Reason
Say why you think that.

E
Example
Share a short true story from your life.

P
Point again
Finish by repeating your answer.

Little Miss example

"What is your favourite subject?"

"My favourite subject is **science** (P), because I love finding out how things work (R). Last year I grew bean plants and the one in the closet grew tall and pale (E). Science helps me understand the world, so it's my favourite (P)."

Teen example

"Who is a woman you admire?"

"I admire my grandmother (P), because she started her own bakery at fifty when everyone said it was too late (R). Every Saturday I help her open the shop, and I've watched her treat every customer like family (E). She taught me it's never too late to be brave, and that's why I admire her (P)."

Don't memorise scripts. Memorise your stories instead. A few good stories (a challenge you faced, your service project, someone you admire) can answer dozens of different questions.

CHAPTER 2

Interview do's and don'ts

Do

- Smile before you speak.
- Look at the judge who asked, then include the others.
- Keep hands relaxed at your sides or loosely clasped.
- Take a breath before answering.
- Say "I don't know much about that, but I'd love to learn" if you truly don't know.
- Use real examples from your life.
- Thank the judges as you leave.

Don't

- Memorise word-for-word scripts. They sound robotic.
- Say "um" or "like" between every phrase. Pause instead.
- Criticise other contestants or pageants.
- Fidget with your hair, dress or jewellery.
- Give one-word answers.
- Pretend to know something you don't.
- Rush. Slow is confident.

Your contestant fact sheet

Many pageants ask for a fact sheet or short biography. Judges often read it before you walk in and ask questions from it. So:

- Only list hobbies and goals you can talk about with excitement.
- Keep a copy and re-read it the night before.
- For every line, practise one sentence of "tell us more."

Interview outfit

Choose something comfortable that you don't have to keep adjusting. Practise sitting, standing and walking in it, including the shoes.

PRACTICE QUESTIONS

Little Miss · ages 4 to 8

Practise two or three at a time with the PREP recipe, and circle the number of each one you've practised aloud. These are practice examples written for this book, not questions from any real pageant.

ABOUT YOU

1 What is your favourite thing to do on the weekend?

2 What do you want to be when you grow up?

3 What is your favourite animal and why?

4 What is your favourite colour and why?

5 What is your favourite food?

FAMILY & SCHOOL

6 Who is your hero?

7 What do you love doing with your family?

8 What is your favourite subject at school?

9 Who is your best friend and what do you like about them?

10 What is your favourite holiday?

KINDNESS & FUN

11 How do you help at home?

12 What would you do if a friend was sad?

13 If you had a magic wand, what would you wish for?

14 If you could have any pet, what would it be?

15 Why do you want to be in this pageant?

> Mum: ask the question, then stay quiet and smile while she thinks. Waiting is part of the practice.

PRACTICE QUESTIONS

Pre-teen · ages 9 to 12

Practise two or three at a time with the PREP recipe, and circle the number of each one you've practised aloud. These are practice examples written for this book, not questions from any real pageant.

ABOUT YOU

1. Tell us three words that describe you.
2. What is something you're really good at?
3. What is one goal you have for this year?
4. Describe your perfect day.
5. What book would you recommend to a friend?

FAMILY, SCHOOL & COMMUNITY

6. Who in your family inspires you most and why?
7. What is the hardest subject for you, and how do you work at it?
8. If you could change one thing about your school, what would it be?
9. What does community service mean to you?
10. Tell us about a time you helped someone.

CHARACTER & PAGEANTS

11. What would you do if you saw someone being bullied?
12. What is the best advice anyone has given you?
13. If you could meet anyone from history, who would it be?
14. What would you do with your title if you won?
15. What have you learned from doing pageants?

> Mum: ask the question, then stay quiet and smile while she thinks. Waiting is part of the practice.

PRACTICE QUESTIONS

Teen · ages 13 to 18

Practise two or three at a time with the PREP recipe, and circle the number of each one you've practised aloud. These are practice examples written for this book, not questions from any real pageant.

ABOUT YOU

1 Tell us about yourself in thirty seconds.

2 What is your greatest strength and your biggest weakness?

3 Where do you see yourself in ten years?

4 How would your best friend describe you?

5 If you could have dinner with any three people, who would they be?

PLATFORM & FUTURE

6 Why did you choose your platform?

7 How would you grow your platform with this title?

8 What is the biggest challenge facing young people in your community?

9 What do you plan to study after high school, and why?

10 What does being a role model mean to you?

CHARACTER & LIFE

11 Tell us about a time you failed and what you learned.

12 How do you handle pressure?

13 Who is a woman you admire and why?

14 How do you think social media affects teens?

15 Why should you be the one to wear this crown?

> Mum: ask the question, then stay quiet and smile while she thinks. Waiting is part of the practice.

Interview answer planner

Plan an answer with the PREP recipe, then say it out loud. Aim for 30 to 45 seconds, about 70 to 100 words.

The question

P **Point.** My answer in one sentence.

R **Reason.** Why I think that.

E **Example.** A short true story from my life.

P **Point again.** Finish by repeating my answer.

Practice tracker

TICK EACH TIME YOU SAY IT ALOUD

☐ To the mirror ☐ To mum ☐ With a 45s timer ☐ To someone new ☐ Without notes

My best stories

Write the stories you could use to answer many different questions. Just key words, not full sentences.

STORY	KEY WORDS TO REMEMBER
A challenge I overcame	
My service project	
Someone I admire	
Something I'm proud of	
A time I helped someone	
What I want to be, and why	
A funny or happy memory	
Why I love pageants	

My closing statement

ONE OR TWO SENTENCES ABOUT WHO YOU ARE AND WHY YOU'RE HERE

Mock interview score sheet

Mum or another grown-up plays judge. Score each skill from 1 (keep practising) to 5 (wow!). Keep it kind and specific.

Date _____ **Mock judge** _____

SKILL	ROUND 1	ROUND 2	ROUND 3
Smile and warm greeting			
Eye contact			
Clear, loud voice			
Speaking slowly			
Tall posture, still hands			
Answers with an example			
Stayed calm with a tricky question			
Said thank you			

Best moment

One thing to practise

> Always give two compliments for every tip. "Your eye contact was great and your story about the shelter made me smile. Next time, try slowing down at the start."

MUM'S CORNER

For mum

The kitchen table is the best interview room there is. Short, relaxed practice beats long, intense sessions every time.

How to run a mock interview

- Keep it to two or three questions, about ten minutes.
- Sit across from her like a judge would. A clipboard makes it fun.
- Ask what she *thinks*, not what she thinks the judges want to hear.
- End on a question she answers well, so she leaves feeling capable.

Let her words be hers

It's tempting to polish her answers into grown-up language. Resist it. Judges can tell when an eight-year-old is reciting an adult's sentence. Her own words, even simple ones, are more charming and more believable.

Invite new listeners

Once she's comfortable with you, ask a grandparent, teacher or family friend to play judge. A new face is good practice for a real panel.

CHAPTER THREE

3

Community service & your platform

A platform is the cause you choose to champion. The best ones come from something you already care about, so judges can hear it in your voice.

- What a platform is and why it matters
- The find-your-cause quiz
- Service ideas for every age
- Writing your platform statement
- Project planner and service hours log

CHAPTER 3

What is a platform?

Your platform is the cause you stand for. It shows judges what you care about and what you'd do with a title.

Some pageants call it a platform, a cause, an advocacy or a community service project. The idea is the same: one cause you care about, and real things you've done to help.

A strong platform is...

- **Personal.** It connects to your life. "I chose literacy because books helped me when I changed schools."
- **Active.** You've done things, not just talked about them. Count your hours, items and people helped.
- **Growing.** You have a next step in mind.
- **The right size for you.** A six-year-old collecting pet food for a shelter is just as impressive as a teen running a club.

Platform or service: what's the difference?

Service is any helping you do. Your platform is the one cause you focus on and talk about. It's fine to volunteer for lots of things. Just pick one to be your main story.

"I volunteered 24 hours at the animal shelter" beats "I help animals."

SPECIFIC NUMBERS MAKE YOUR PLATFORM MEMORABLE

Find-your-cause quiz

Circle one letter for each question, then count your letters.

1. On a free Saturday, you'd rather...

A Visit a farm or play with pets
B Read a book or write a story
C Go hiking or to the beach
D Hang out with friends or make someone a card

2. What upsets you most when you see it?

A A stray or hurt animal
B A child who can't read
C Litter and plastic everywhere
D Someone being left out or teased

3. Which job sounds most fun?

A Vet or animal rescuer
B Teacher or librarian
C Park ranger or scientist
D Counsellor or coach

4. Pick a school project:

A Caring for the class pet
B Running a book fair
C Starting a recycling club
D Planning a kindness week

5. Your friends would say you're...

A Gentle with every animal
B Always reading
C Outdoorsy
D The friend everyone can talk to

A TOTAL	B TOTAL	C TOTAL	D TOTAL
_____	_____	_____	_____

CHAPTER 3

Your quiz results

Find the letter you circled most. It's a starting idea, not a rule. Choose what feels true to you.

A
Animal welfare
Collect supplies for a local shelter, make toys for shelter cats and dogs, or teach friends about adopting pets.

B
Literacy & education
Run a book drive, read to younger children at the library, or set up a book-sharing box with your family.

C
Protecting the environment
Lead a park or beach clean-up, start a recycling challenge at school, or plant trees with a local group.

D
Kindness & anti-bullying
Set up a friendship bench at school, write kind notes for classmates, or share tips on including everyone.

More causes to consider

Children's health
Cards and blankets for children's hospitals, or awareness for a health charity.

Caring for seniors
Card-making for care homes, visits with family, helping older neighbours.

Hunger
Food drives, packing meals with a food bank, or a lemonade stand for a hunger charity.

CHAPTER 3

Service ideas for every age

Every idea below should be done with a parent or a supervised program.

AGE	IDEAS
4 to 8	Draw cards for a nursing home · collect pet food for a shelter · donate outgrown books and toys · pack snack bags with mum · plant flowers at school · make a "thank you" poster for firefighters
9 to 12	Run a school book drive · organise a park clean-up with family · read to younger children at the library · make fleece blankets for a children's hospital · collect school supplies for families in need · bake for a charity bake sale
13 to 18	Partner with a local nonprofit on an ongoing project · start a club at school · lead a supply drive · create an awareness campaign · mentor younger kids · tutor classmates · organise a charity walk with adult help

Turning one event into a platform

1. **Start small.** One afternoon, one collection box.
2. **Make it regular.** Monthly visits or a yearly drive.
3. **Bring others in.** Invite friends, classmates or your troop.
4. **Tell the story.** Share what you learned, in your interview and in your community.

WORKBOOK · ALL AGES

My platform statement

Fill in the blanks, then read it aloud. Practise until you can say it without looking.

My platform is _____.

It matters to me because _____

_____.

So far, I have _____

_____,

and my next goal is to _____.

Example

"My platform is helping children love reading. It matters to me because books helped me feel brave when I changed schools. So far, I have collected over 200 books for my local library, and my next goal is to start a reading buddy club at my school."

My platform in five words or fewer

_____

A name for my project

_____

WORKBOOK · WITH A GROWN-UP

Service project plan

Plan one project from start to finish. Always volunteer with a parent or a supervised program, and check the organization's age rules first.

My cause

Who we'll work with

Why this matters to me

What we'll do

Our date & time

Grown-up in charge

What we need

- [ ]
- [ ]
- [ ]
- [ ]

How we'll measure it

ITEMS COLLECTED, PEOPLE HELPED, HOURS

Afterwards: my interview story

What happened, how it made me feel, and what I learned.

WORKBOOK · ALL AGES

Service hours log

Judges love specifics. "I volunteered 24 hours at the animal shelter" beats "I help animals." Ask the coordinator to initial each visit.

DATE	PLACE	WHAT I DID	HOURS	INITIALS

TOTAL HOURS

MUM'S CORNER

For mum

Service is where pageant girls often grow the most. It's also where a few simple rules keep everyone safe and respectful.

Let her choose the cause

Even if it's not the one you'd pick. A cause she truly loves will shine through in her interview. A platform done "for the pageant" usually sounds like it.

Safety and respect

- Children should volunteer with a parent or a supervised program. Many hospitals, care homes and shelters have their own age rules, so call ahead.
- Ask permission before taking photos at a service site. Never post pictures of patients, residents or other people's children without their consent.
- If you raise money, do it through an established charity, and let a grown-up handle the funds.

Keep good records

Keep the service log, a few photos of her (not others) at work, and any thank-you notes. These help with pageant paperwork, school applications and her own memory of what she did.

CHAPTER FOUR

4

Preparation

Good preparation turns pageant day from stressful to exciting. Here's your countdown, your packing list and how to care for your dress.

- Your pageant countdown
- Caring for your pageant dress
- Weekly practice planner and feel-good tracker
- Checklist, schedule and budget planner
- My pageant goal

CHAPTER 4

Your pageant countdown

Start early so the last week is about practice and fun, not panic. Tick these off on the checklist page in this chapter.

8+ WEEKS BEFORE	Read the official rules. Confirm her age division and categories. Choose and order the dress, leaving plenty of time for alterations. Pick a service cause and start her service log. Begin the confidence ladder.
4 TO 6 WEEKS	First dress fitting with the actual shoes and undergarments. Break in shoes at home. Practise interview questions two or three times a week. Submit the fact sheet. Plan age-appropriate hair and makeup. Practise the walk, pose and turn.
1 TO 2 WEEKS	Final fitting and pickup. Full dress rehearsal at home. Confirm travel, hotel and check-in times. Print the schedule and forms. Re-read the fact sheet together.
NIGHT BEFORE	Steam the dress and hang it in its bag. Pack the pageant bag. Charge phones. Light, familiar dinner and an early night. Three affirmations together.
PAGEANT DAY	Arrive early. Hair and makeup before the dress. Calm and tall routine before going on. Wish the other girls luck. Celebrate her effort, whatever the result.

CHAPTER 4

Caring for your pageant dress

Your dress is part of your confidence. A little care keeps it looking just like the day you chose it. Always follow the care label first.

Storing at home

- Hang it in a breathable garment bag, away from sunlight.
- Hang heavy beaded gowns by the inner loops so straps don't stretch.
- Keep it away from pets, food and makeup.

Fittings

- Bring the exact shoes and undergarments to every fitting.
- Do a full try-on 2 to 3 weeks out so alterations have time.
- Walk, sit and turn in it. Check the hem with the shoes on.

Travelling

- Carry it on or lay it flat on top in the car, never folded in a suitcase.
- Stuff the bodice lightly with tissue paper.
- Hang it up as soon as you arrive.

On the day

- Steam, don't iron, unless the care label says otherwise.
- Put the dress on *after* hair and makeup, with a scarf over the face.
- Eat and drink before changing, or wear a cover-up.

Quick fixes backstage

Loose hem	Fashion tape or a safety pin on the inside
Broken hook	Spare hooks and the mini sewing kit
Makeup mark on light fabric	Dab gently with white chalk or a stain pen. Test on an inside seam first.
Strap slipping	Fashion tape, or a small safety pin hidden at the shoulder
Lint or pet hair	Lint roller, used gently

WORKBOOK · ALL AGES

Weekly practice planner

Little and often beats long and tiring. Plan a few short practices each week, and always leave a rest day.

Week of _____

This week's focus _____

DAY	WALK & POSE	INTERVIEW	SERVICE	CONFIDENCE STEP	REST & FUN	NOTES
Monday	☐	☐	☐	☐	☐	
Tuesday	☐	☐	☐	☐	☐	
Wednesday	☐	☐	☐	☐	☐	
Thursday	☐	☐	☐	☐	☐	
Friday	☐	☐	☐	☐	☐	
Saturday	☐	☐	☐	☐	☐	
Sunday	☐	☐	☐	☐	☐	

Best practice this week

_____

_____

Next week I'll work on

_____

_____

Feel-good week tracker

The week before a pageant, a rested, happy body helps you shine. Track your sleep, water, play and mood.

DAY	HOURS OF SLEEP	GLASSES OF WATER	PLAYED OUTSIDE OR MOVED	HOW I FEEL
Day 1		○ ○ ○ ○ ○ ○	☐	○ tired ○ okay ○ great
Day 2		○ ○ ○ ○ ○ ○	☐	○ tired ○ okay ○ great
Day 3		○ ○ ○ ○ ○ ○	☐	○ tired ○ okay ○ great
Day 4		○ ○ ○ ○ ○ ○	☐	○ tired ○ okay ○ great
Day 5		○ ○ ○ ○ ○ ○	☐	○ tired ○ okay ○ great
Day 6		○ ○ ○ ○ ○ ○	☐	○ tired ○ okay ○ great
Pageant day		○ ○ ○ ○ ○ ○	☐	○ tired ○ okay ○ great

For mum: this page is about rest and feeling good, never about weight, dieting or changing her body. Keep meals normal and familiar during pageant week.

Something that helped me relax this week

Preparation checklist

Stick it on the fridge and tick as you go. Always follow your own pageant's official rules.

8 or more weeks before

- [ ] Read the official rules and entry requirements
- [ ] Check her age division and categories
- [ ] Choose and order the dress, allowing time for alterations
- [ ] Pick a service cause and start a service log
- [ ] Start the confidence ladder

4 to 6 weeks before

- [ ] First dress fitting with shoes and undergarments
- [ ] Break in pageant shoes at home
- [ ] Practise interview questions 2 to 3 times a week
- [ ] Submit the contestant fact sheet
- [ ] Plan age-appropriate hair and makeup
- [ ] Practise the stage walk, pose and turn

1 to 2 weeks before

- [ ] Final dress fitting and pickup
- [ ] Full dress rehearsal at home
- [ ] Book travel and confirm check-in times
- [ ] Print the schedule and required forms
- [ ] Re-read the fact sheet together

The night before

- [ ] Steam the dress and hang it in a garment bag
- [ ] Pack the pageant bag
- [ ] Charge phone, pack chargers
- [ ] Light, familiar dinner and early bedtime
- [ ] Say three affirmations together

Pageant bag

- [ ] Dress in garment bag, plus a backup outfit
- [ ] Shoes, and flats for between events
- [ ] Sewing kit, safety pins, spare hooks
- [ ] Fashion tape and a lint roller
- [ ] Stain pen and white chalk for light fabric
- [ ] Hair kit: brush, pins, spray, elastics
- [ ] Makeup and remover wipes
- [ ] Water, straws and non-messy snacks
- [ ] Robe or button-up cover-up
- [ ] Copies of entry forms and music

Pageant day

- [ ] Arrive early, find check-in
- [ ] Hair and makeup before the dress
- [ ] Two-minute calm and tall routine
- [ ] Wish the other girls good luck
- [ ] Celebrate her effort, whatever the result

Pageant day schedule

Copy the official schedule here so the whole family knows where to be.

Pageant name

Date

Venue

Check-in time

TIME	WHAT	WHERE	BRING / WEAR

Pageant budget planner

A simple budget keeps pageants fun for the whole family. Check what's required and what's optional before you pay.

ITEM	PLANNED $	ACTUAL $
Entry fee		
Optional categories		
Dress & alterations		
Shoes & accessories		
Hair & makeup		
Coaching or classes		
Travel		
Hotel		
Meals		
Family tickets		
Photos & video		
Service project supplies		
Other		
Total		

Refund policy if she's sick

Payment due dates

WORKBOOK · ALL AGES

My pageant goal

Pick a goal about *you*, not the crown. "Smile the whole walk" or "answer every question with an example" are goals you control.

My goal for this pageant

My three steps

1 ☐ DONE

2 ☐ DONE

3 ☐ DONE

Who will help me

I'll be ready by (date)

What might get in my way

What I'll do if that happens

How we'll celebrate when I reach my goal

After the pageant

Did I reach my goal? What am I proudest of? What will I try next time?

MUM'S CORNER

For mum

Preparation is where most of the stress lives, and most of it can be handled before pageant week.

Read the rules first

Read the pageant's official rules and contract before you pay any fee. Check age divisions, dress and makeup rules for her age, what's included in the entry fee, and what optional extras really cost.

Ask about photos

Find out what rights the pageant claims over photos and video of your child, and whether you can opt out of any of them.

Pack together

Let her pack the pageant bag with you using the checklist. Knowing where everything is gives her a sense of control on a busy day.

Plan the after-party

Decide ahead of time how you'll celebrate, whatever the result: a favourite restaurant, a movie night, a sleepover. Then the day ends on something to look forward to.

CHAPTER FIVE

5

Activities & games

Practice doesn't have to feel like practice. These games, puzzles and design pages make getting ready something to look forward to.

- Practice bingo, walk game and conversation cards
- Design your dream gown and your own crown
- Word search, word jumble and maze
- Thank-you notes
- My pageant memories

Pageant practice bingo

Colour in a square when you've done it. Three in a row is a bingo. Fill the whole card for a family treat.

Practise my walk 3 times	Answer 3 interview questions	Say my affirmation in the mirror
Introduce myself to someone new	Shine! (free)	Try on my dress & shoes
Do one kind thing for someone	Hold my pose for 10 seconds	Read my fact sheet aloud

Our family treat: _____

Stage walk game cards

Cut out the cards. Mum draws one, and the contestant walks across the room doing it.

Cut along the dashed lines

WALK CARD

Walk like a queen arriving at a ball, then stop and wave.

WALK CARD

Walk slowly, like you're on the moon. Stop and smile.

WALK CARD

Walk with a book balanced on your head. Pose at the end.

WALK CARD

Walk to the end, freeze like a statue for 5 seconds, then turn.

WALK CARD

Smile at three pretend judges on the way.

WALK CARD

Walk like a ballerina on tiptoe, then curtsy.

WALK CARD

Walk to the end and say your name and age in a big clear voice.

WALK CARD

Stop, do a slow half turn, look back over your shoulder and smile.

WALK CARD

Keep your hands relaxed by your sides the whole way.

WALK CARD

Walk like you just won the crown! Wave to the audience.

WALK CARD

Stop in the middle, strike your best pose, then finish.

WALK CARD

Walk while humming your favourite song in your head.

Mum & me conversation cards

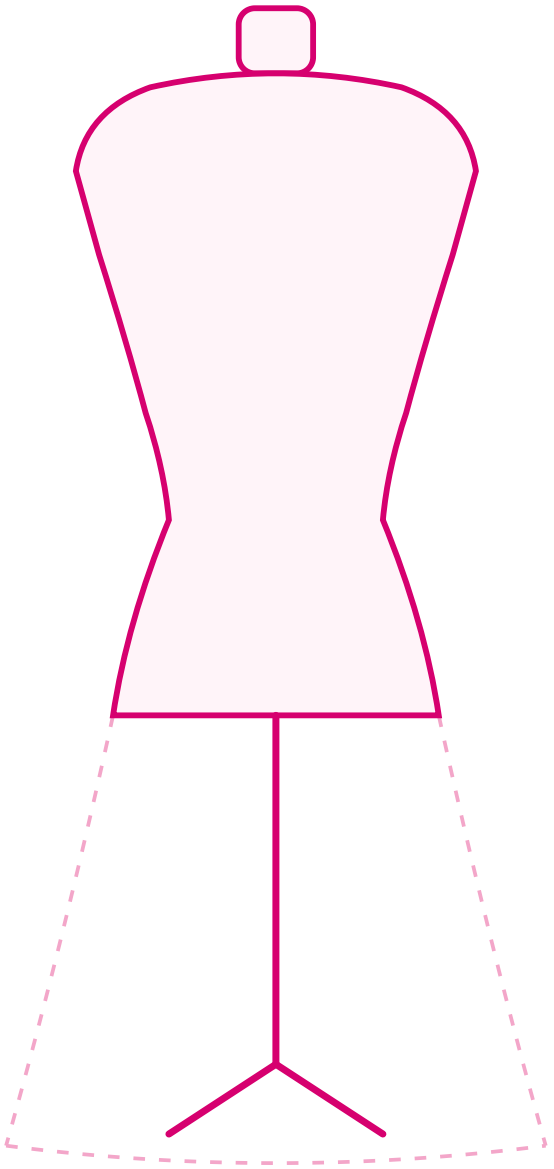
Cut out and keep in the car or by the dinner table. There are no wrong answers, and mum answers too.

Cut along the dashed lines

TALK CARD What part of getting ready are you enjoying most?	TALK CARD What makes you nervous, and what could help?	TALK CARD If you could invent a pageant category, what would it be?
TALK CARD Who is someone you admire, and why?	TALK CARD What's one thing you're proud of this week?	TALK CARD How do you want to feel when you walk off stage?
TALK CARD What's a kind thing someone did for you recently?	TALK CARD If you don't win, what will you still be proud of?	TALK CARD What would you tell a girl at her very first pageant?
TALK CARD What's your favourite pageant memory so far?	MUM'S TURN What were you nervous about when you were my age?	TALK CARD How could we help someone together this month?

Design your dream gown

Draw your dream pageant gown on the dress form. The dotted lines show where a floor-length skirt could go, but you can design any shape you like.



My colours

My gown's name

Neckline

Skirt shape

Sparkle and details

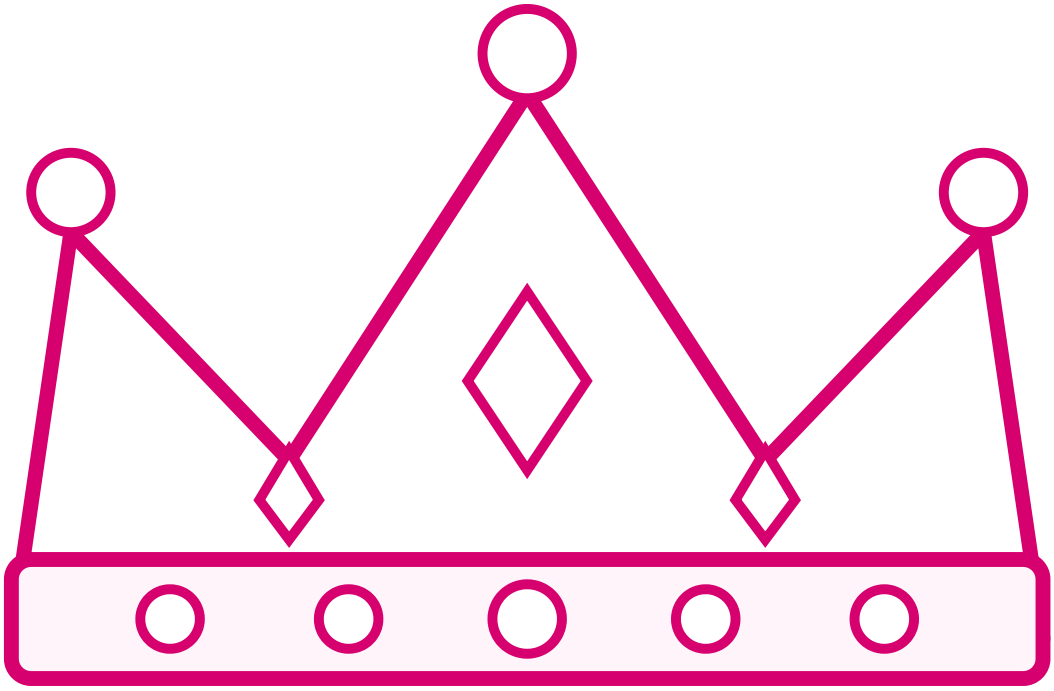
Where I'd wear it

> Bring this page to your next dress appointment to share your ideas.

WORKBOOK · ALL AGES

Design your own crown

Colour in the jewels and decorate your crown. Every jewel can stand for something you're proud of.



The big centre jewel stands for

The jewels on the band stand for

My crown's name

My favourite jewel colour

Three things that make me a queen inside

Pageant word search

Find all 12 pageant words. They go across, down or diagonally. Tick each word when you find it.

K	S	F	C	P	L	A	T	F	O	R	M	E
H	R	T	Y	K	W	W	C	I	G	G	A	C
I	O	T	P	I	H	B	B	F	K	M	S	U
E	C	I	M	N	S	P	E	C	P	L	S	J
U	E	A	U	D	P	O	B	O	A	R	M	U
S	K	R	B	N	A	I	A	N	W	Y	C	D
T	S	A	R	E	R	S	C	F	K	L	E	G
A	C	A	C	S	K	E	P	I	G	T	M	E
G	B	E	S	S	L	L	M	D	O	C	R	S
E	C	O	A	H	E	R	U	E	W	A	W	N
C	R	O	W	N	N	U	A	N	N	W	C	C
C	Y	D	I	O	L	N	U	C	P	P	P	T
C	S	S	S	M	I	L	E	E	A	K	W	C

- ☐ CROWN
- ☐ SASH
- ☐ GOWN
- ☐ SMILE
- ☐ POISE
- ☐ STAGE
- ☐ JUDGES
- ☐ KINDNESS
- ☐ CONFIDENCE
- ☐ PLATFORM
- ☐ SPARKLE
- ☐ TIARA

Unscramble the pageant words

Each jumble hides a pageant word. Write the word on the line. Need a hint? Most of them are hiding in the word search!

NWCOR	_____	HSAS	_____
LIMSE	_____	GATES	_____
ISOPE	_____	VAREB	_____
DIKN	_____	NOWG	_____
ARTIA	_____	LEKRAPS	_____

Bonus: make your own

Scramble a word for mum to solve. Then swap!

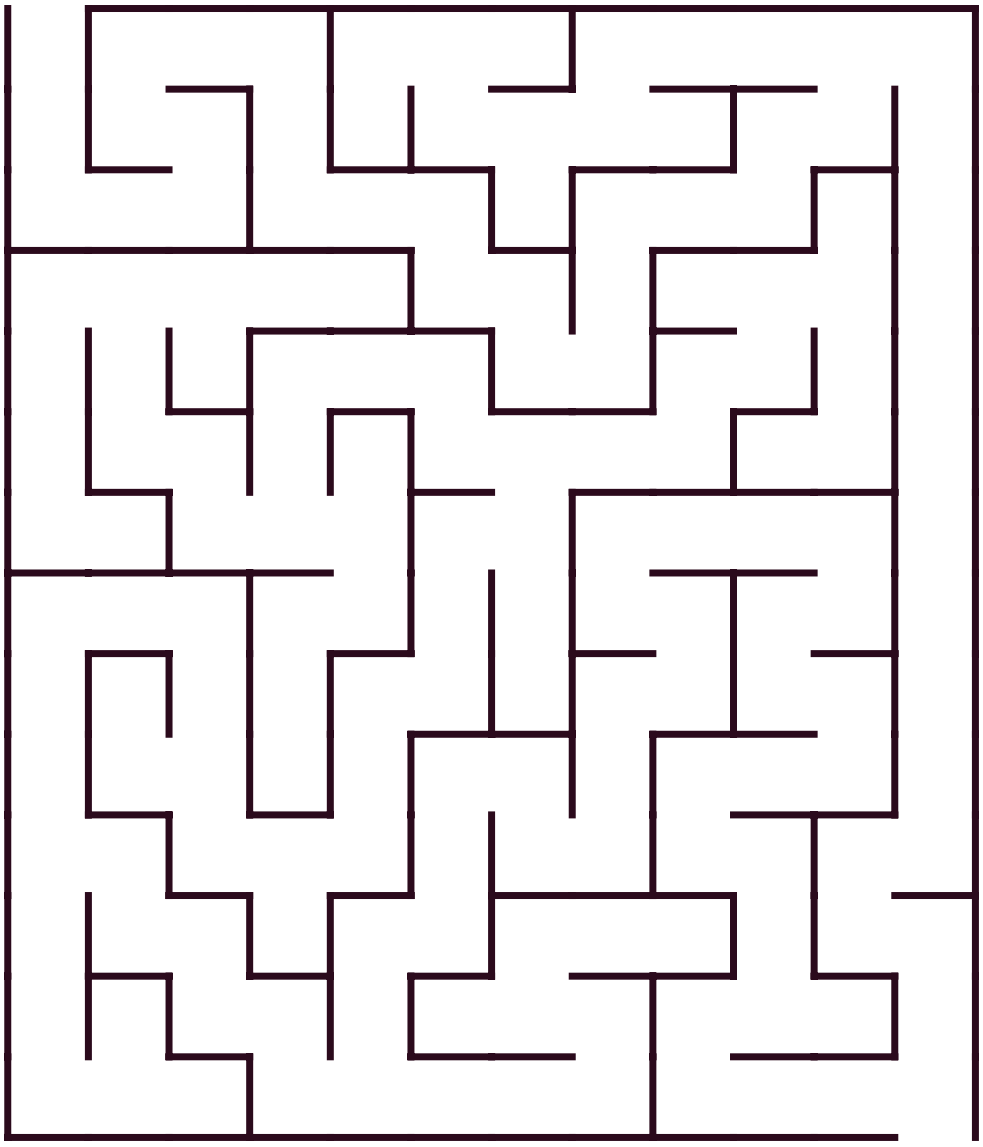
My scrambled word _____

Mum's answer _____

Find your way to the stage

Start at the dressing room and find the path to the stage. Use a pencil so you can try again!

START



STAGE

Thank-you notes

A handwritten thank-you is a true queen's habit. Cut these out for your coach, your service host, a volunteer or the pageant staff.

Cut along the dashed lines

THANK YOU

Thank you!

To _____

From _____

THANK YOU

Thank you!

To _____

From _____

THANK YOU

Thank you!

To _____

From _____

THANK YOU

Thank you!

To _____

From _____

WORKBOOK · ALL AGES

My pageant memories

Fill this in after the pageant, while it's still fresh. Print one for every pageant.

Pageant

Date

DRAW OR STICK A PHOTO OF YOURSELF HERE

My favourite moment

The funniest thing that happened

New friends I made

What I'm proudest of

What I learned

Next time I want to try

A note from mum

ANSWERS

Puzzle answers

No peeking until you've tried your best!

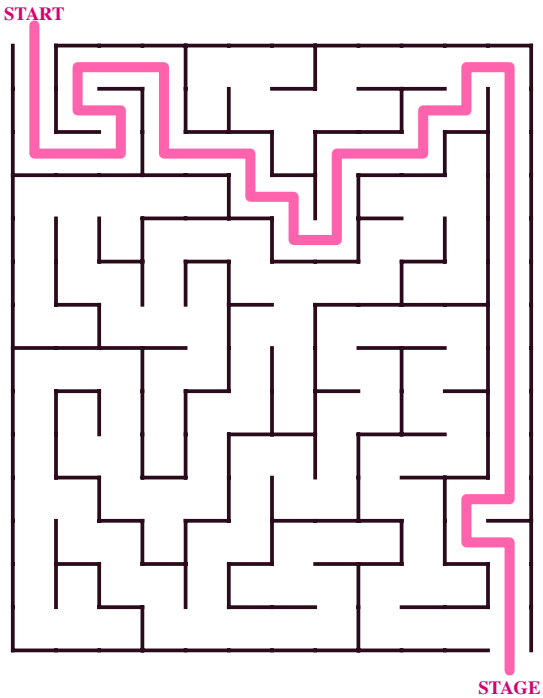
Word search

K	S	F	C	P	L	A	T	F	O	R	M	E
H	R	T	Y	K	W	W	C	I	G	G	A	C
I	O	T	P	I	H	B	B	F	K	M	S	U
E	C	I	M	N	S	P	E	C	P	L	S	J
U	E	A	U	D	P	O	B	O	A	R	M	U
S	K	R	B	N	A	I	A	N	W	Y	C	D
T	S	A	R	E	R	S	C	F	K	L	E	G
A	C	A	C	S	K	E	P	I	G	T	M	E
G	B	E	S	S	L	L	M	D	O	C	R	S
E	C	O	A	H	E	R	U	E	W	A	W	N
C	R	O	W	N	N	U	A	N	N	W	C	C
C	Y	D	I	O	L	N	U	C	P	P	P	T
C	S	S	S	M	I	L	E	E	A	K	W	C

Unscramble

NWCOR	**CROWN**
HSAS	**SASH**
LIMSE	**SMILE**
GATES	**STAGE**
ISOPE	**POISE**
VAREB	**BRAVE**
DIKN	**KIND**
NOWG	**GOWN**
ARTIA	**TIARA**
LEKRAPS	**SPARKLE**

Maze



> Every puzzle in this book was made just for Crowned From Within. Print as many copies as your family needs.

FOR MUM

A note for mum

You're her biggest fan, her driver, her seamstress and her safe place. Here's how to make pageant season something she remembers fondly.

Keep it her dream

Ask "Do you still want to do this?" every season. Pageants work best when the girl is the one who's excited.

Win or lose, same hug

Decide before the results what you'll say: "I'm so proud of how hard you worked." Say it either way.

Protect childhood

Choose age-appropriate looks, music and routines. Follow the rules on makeup, tans and costumes for younger divisions.

Guard her privacy online

Think before posting her full name, school or schedule with pageant photos. Turn off location tags.

Questions to ask before entering a pageant

- What are the total costs, including entry, optional categories, tickets and photos?
- What is the refund policy if she gets sick?
- How is scoring done, and are score sheets shared with families?
- Who will be backstage with the children, and what are the supervision rules?
- What rights does the pageant claim over photos and video of my child?

> **Talk to someone** if pageant stress starts showing up as trouble sleeping, worry about food or weight, or not wanting to go to school. Her doctor is a good first call.



CROWNED FROM WITHIN

Certificate of Courage

This certificate is proudly awarded to

for showing courage, kindness and hard work while preparing for

Whatever the judges decide, you have already won the things that matter most.

SIGNED

DATE

FINE PRINT

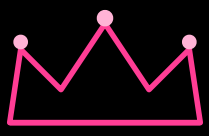
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Your privacy

- This ebook does not collect, store, sell or share any personal information. It contains no sign-up forms, tracking or links that gather data.
- Anything written on the workbook pages stays on your paper or your device. Keep pages with your child's name somewhere private.
- We recommend using a first name or nickname only on worksheets.

Important notes

- This book is general educational guidance only. It is not legal, medical, psychological or financial advice.
- It is not affiliated with, endorsed by or sponsored by any pageant organization. Pageant names, divisions and rules vary. Always follow your pageant's official rules.
- Interview questions are practice examples written for this book. They are not actual questions from any pageant.
- Children should take part in community service only with a parent's permission and adult supervision, and within the volunteer rules of the host organization.
- Dress care tips are general. Always follow your garment's care label and your dressmaker's advice.
- Results in any pageant are never guaranteed.



Crowned from within

Confidence, a clear voice and a kind heart. Those are the crowns you keep.

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