PRINTABLE ACTIVITIES & WORKSHEETS

Crowned from within

28 pencil-and-paper pages for pageant girls and their mums.
Print the pages you need, as many times as your family likes.

> Tip for mum: keep worksheet time to about 10 minutes. For younger girls, write down answers in their own words, exactly as they say them.

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Crowned From Within

Printable activities & worksheets

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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...

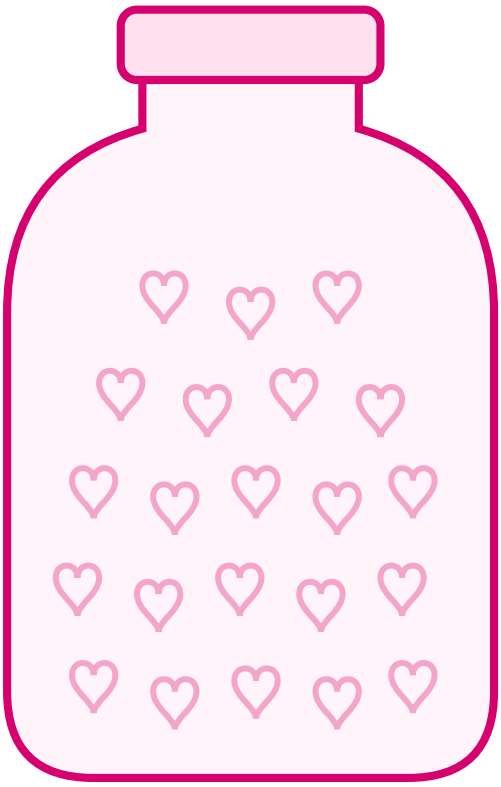
Something I'm proud of

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.

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."

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
_____	_____	_____	_____

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

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

WORKBOOK · FOR MUM

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?

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

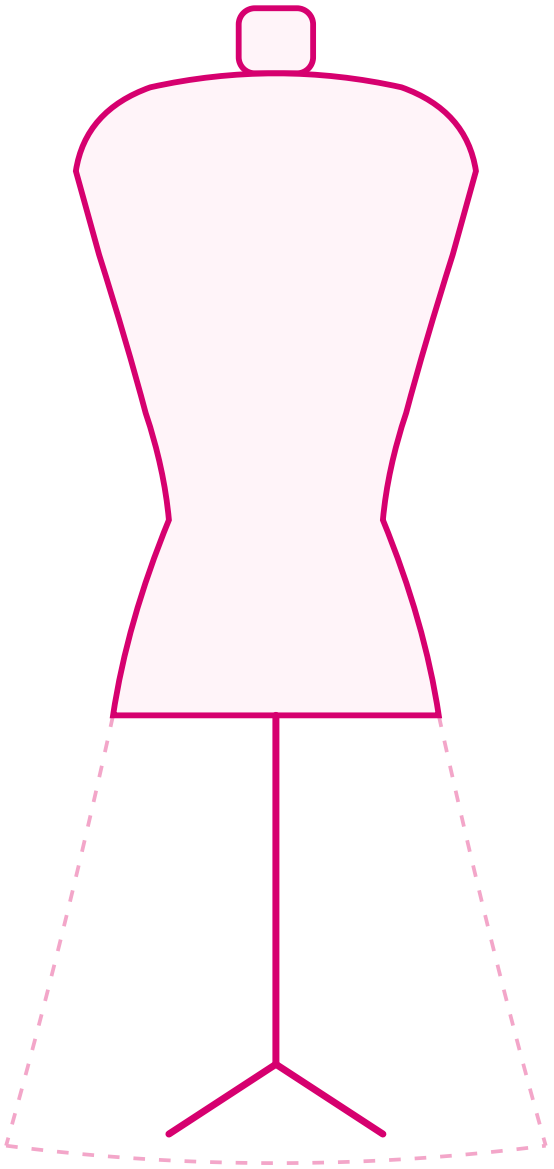
Cut out and keep in the car or by the dinner table. There are no wrong answers, and mum answers too.

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

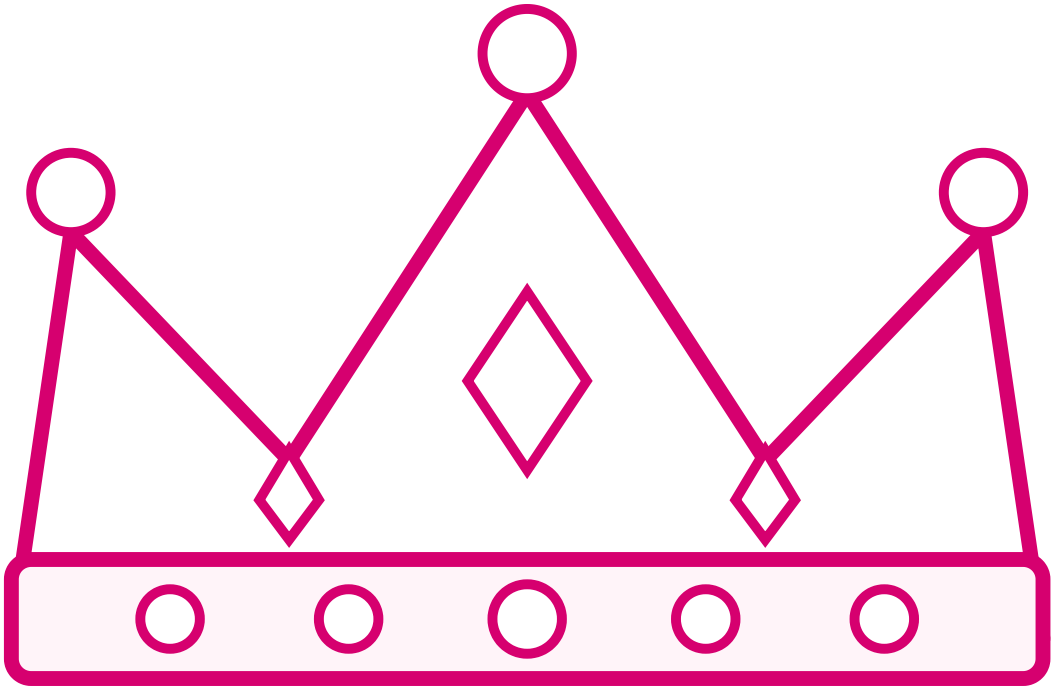
Where I'd wear it

> 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!

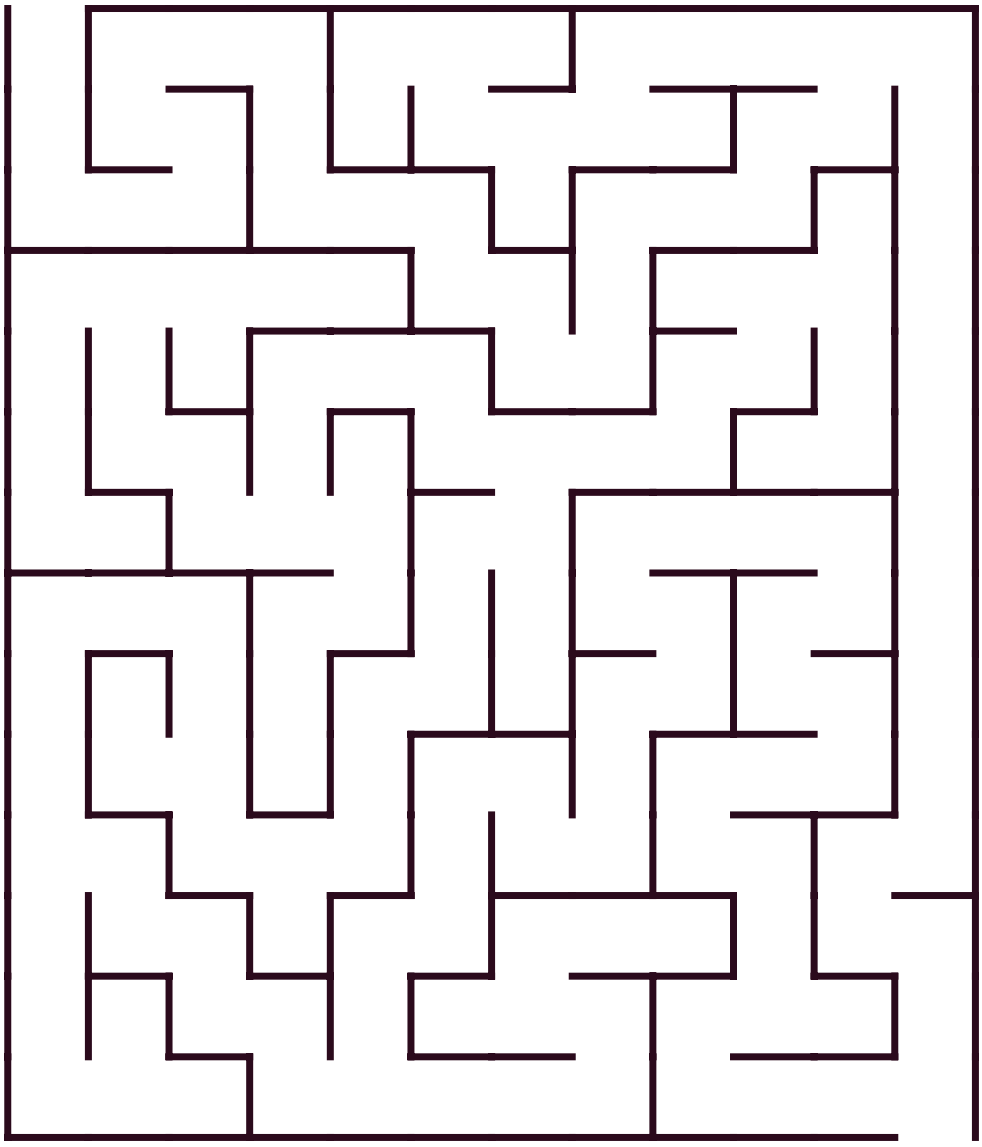
My scrambled word _____

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!

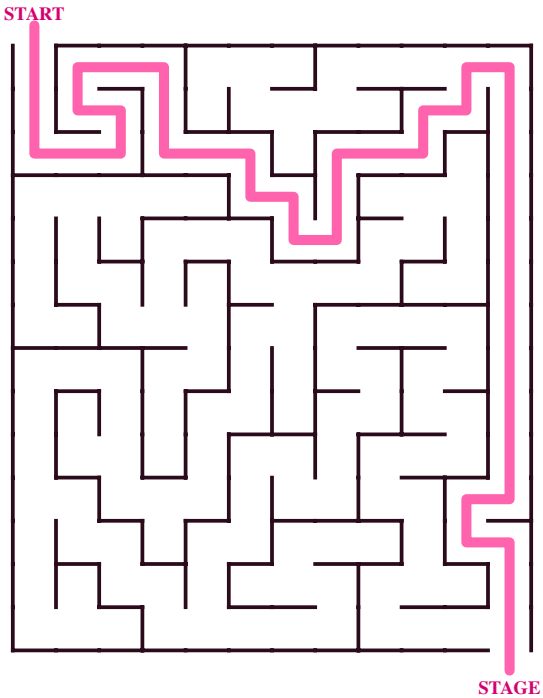
Word search

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.