



Once Upon A Ball

Mini Activities

The elves have put together some enchanting activities for you and your clubs to get involved in for the lead up to Ball, which will be happening on the 30th of April 2022!



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Feel free to share any photos you take doing any of the activities to the ‘ball chat’ discord channel. It would be great to see what you and your clubs get up to!

We hope these activities will get you into the spirit of
Once Upon A Ball!



Step into the magic...

Chapter 1

Disney Enchanted Film Screening



**Grab your favourite snacks, curl up on the sofa, and enjoy the magic of Disney's
Enchanted. Who doesn't love a good fairy-tale story?**

Film Synopsis:

Banished by an evil queen, Princess Giselle from a fairy-tale world lands in modern Manhattan, where music, magic and "happily ever after" are sorely lacking. She is adrift in this strange new place until a lawyer comes to her aid. Giselle begins to fall for her flawed benefactor, but the storybook romance gets complicated when a prince from her world comes to rescue her. Will Giselle finally experience true love's kiss...?

Ways to watch:

- ❖ Disney+ subscription
- ❖ YouTube & Google Play – Rent for £2.49
- ❖ Amazon Prime – Buy for £9.99

Chapter 2

Toadstool Cupcakes



For the cupcakes:

- ❖ 100g softened butter
- ❖ 150g self-raising flour
- ❖ 150g caster sugar
- ❖ 3 tablespoons milk
- ❖ 2 large eggs
- ❖ ½ teaspoon vanilla extract



For Butter Icing decoration:

- ❖ 100g softened butter/margarine
- ❖ 225g sifted icing sugar
- ❖ ½ teaspoon vanilla extract
- ❖ Red food colouring

For Fondant Icing decoration (as pictured):

- ❖ 250g fondant icing sugar
- ❖ 4–5 teaspoons water
- ❖ Red colouring
- ❖ Buttercream to stick fondant icing on

How to make cupcakes:

1. Pre-heat oven to 180°C/160°C Fan/Gas 4. Place cupcake/muffin cases in a 12-hole muffin tin.
2. Measure all the cupcake ingredients into a large bowl and beat until blended and smooth. Spoon mixture evenly between the cases.
3. Bake in pre-heated oven for 20-25 mins until risen and golden brown. Lift the cupcakes out of the tin and cool on a wire rack until completely cold before icing.

How to decorate with butter icing:

1. Beat together the softened butter, icing sugar, and vanilla extract listed for the butter icing. If the mixture is too soft add more icing sugar, and if the mixture is too stiff add some more margarine.
2. Split the mixture between 2 bowls. Place 2/3 into one, and 1/3 into another. Then add a few drops of red food colouring (or any other colour you want) to the larger amount of icing.
3. Spread or pipe a decent amount of red icing over the top of each cupcake. Then pipe spots of the white icing on top of this. You could also use white chocolate buttons for the spots.

How to decorate with fondant icing:

1. Sift the icing sugar for fondant icing into a large bowl and make a well in the centre.
2. Add the water, a teaspoonful at a time, and stir with a wooden spoon until it is too stiff to stir any more. Bring the mixture together to form a ball. Split this so you have a larger quantity and a smaller quantity. Add red colouring to the larger amount.
3. Sprinkle some icing sugar onto a clean, dry surface, then place the two mixtures down here. Knead each one for about 3 minutes until smooth. (If the icing is sticky, add a little more icing sugar, or if it is dry run a little cold water over your fingers).
4. Thinly roll out the red icing, then using a circular cutter (about the same size as the cupcakes) cut out 12 circles. Add a little buttercream to the cupcakes to help the fondant stick, place the red circles on top. Roll out the white icing, then cut out some small circles. Add a dab of cold water to the bottom of the white spots, then place randomly on top of the red icing.

Chapter 3

Hansel & Gretel Gingerbread Houses

You will need:

- ❖ 250g unsalted butter
- ❖ 200g dark muscovado sugar
- ❖ 7 tbsp golden syrup
- ❖ 600g plain flour
- ❖ 2 tsp bicarbonate of soda
- ❖ 4 tsp ground ginger
- ❖ Icing sugar
- ❖ Water
- ❖ Decorations of your choice
- ❖ Templates (page 12)



How to:

1. Heat the oven to 200C/180C fan/gas 6. Melt the butter, sugar, and syrup in a pan. Mix the flour, bicarbonate of soda and ground ginger into a large bowl, then stir in the butter mixture to make a stiff dough. If it won't quite come together, add a tiny splash of water.
2. Cut out the templates. Put a sheet of baking paper on a surface and roll about a quarter of the dough to about 1cm thick. Cut out one of the sections, then slide the gingerbread, still on its baking paper, onto a baking tray. Repeat with remaining dough, re-rolling the trimmings, until you have two side walls, a front and back wall, and two roof panels.
3. Bake all the sections for 12 mins or until firm and just a little darker at the edges. Leave to cool completely.
4. Make up some icing following instructions on icing sugar packet. Pipe generous snakes of icing along the wall edges, one by one, to join the walls together. Use something to support the walls from the inside, then allow to dry.
5. Once dry, remove the supports and fix the roof panels on. The angle is steep so you may need to hold these on firmly for a few mins until the icing starts to dry. Dry completely.
6. Decorate how you would like! Use icing to stick on sweets, chocolate, etc... Go crazy!

Chapter 4

Grow Your Own Magic Beanstalk

Live in Jack's world by planting the **beans** you received from selling Daisy the cow.

You will need:

- ❖ Glass Jar or Plant-Pot
- ❖ Cotton wool
- ❖ 2-3 Bean seeds (variety of your choice)
- ❖ Water
- ❖ A Giant



How to:

1. Wet a large handful of cotton wool and place in the bottom of your glass jar. The cotton should be wet but not dripping, and no water should pool in the bottom of the jar.
2. Place your bean seeds between the wall of the glass jar and the cotton wool. Use at least 2 beans in case one does not germinate.
3. Add a few drops of water to the cotton wool each day to keep it moist. You should start seeing changes after just a few days!
4. Keep an eye on your beanstalk. As the beans absorb water, they expand until the protective skin splits. After the skin splits, look for the roots to emerge, they will grow downward to help anchor the plant in the cotton wool. A young shoot will appear, and then the first leaves will appear.
5. After a while you may want to re-pot your beanstalk in soil, so it continues to grow. With a little bit of luck, your beanstalk will grow tall and might even reward you with a fresh crop of beans to enjoy! But be ready to fight off the giant that may decide to climb down!
6. Have a go at Once Upon a Ball's 'Jacks Magic Beans Game' by guessing how many beans are in the jar for 50p. Play during your booking or have a guess on the night of Ball (you will need exact change). Closest guess wins the jellybean jar!

Chapter 5

Fire Beathing Dragons

You will need:

- ❖ Pair of scissors
- ❖ Glue stick
- ❖ Glue gun or glue dots (optional)
- ❖ 1 toilet paper roll
- ❖ 1 piece coloured paper/card
- ❖ 2 large pom poms
- ❖ 2 small pom poms
- ❖ 2 googly eyes
- ❖ 3 scraps tissue paper: red, yellow, orange



How to:

1. Cut a piece of construction paper to be the exact length of your paper roll. Spread glue onto one side of the paper, then wrap the paper around the roll so it's completely covered.
2. Attach the googly eyes to the 2 large pom poms. Then glue these on top of one end of the paper roll, (as pictured).
3. Take the 2 smaller pom poms and glue these to the other end of the paper roll (as pictured), to make the dragons nose.
4. For the fire - cut scraps of red, yellow, and orange tissue paper to be long pointy strips, about 20cm long.
5. Spread glue on the straight ends of the tissue paper strips. Then at the nose end of the dragon, attach the strips all the way around the inside of the paper roll.
6. Your dragon is now complete! Take a deep breath and blow through the tube to make your dragon breath fire!

Note:

If you don't have pom poms or googly eyes, you could just draw eyes and nostrils onto the paper roll with a sharpie.



Chapter 6

Alice in Wonderland Tea Party



Throw a brilliantly bonkers Mad Hatter's tea party!

Set the scene:

- ❖ Choose the location of your tea party – you could go to a local park, someone's house, or book out a room at Uni.
- ❖ Will you play any games? – perhaps some card games, or a spot of croquet (although we don't recommend using flamingos and hedgehogs)

Gather the Essentials:

- ❖ You're going to need tables, chairs, picnic blankets, plates, bowls, cups, cutlery, napkins etc... The more mismatched the better!

What to serve:

- ❖ Queen of hearts jam tarts (or jammy dodgers)
- ❖ Cupcakes
- ❖ Classic Victoria Sandwich cake
- ❖ Sandwiches
- ❖ Snacks - crisps, biscuits, sausage rolls, pork pie, vol-au-vents if you're feeling fancy.
- ❖ Tea, Coffee, Soft drinks

Make sure there is something to suit everyone, taking into account anyone's dietary requirements! Maybe each person could bring 1 item.

Chapter 7

Save a Damsel in Distress from a Local Castle or
Take a Stroll Through an Enchanted Forest



Castles:

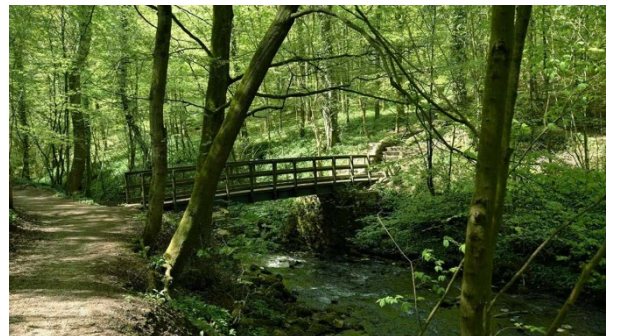


- ❖ You can find your nearest castle through the English Heritage site here: <https://www.english-heritage.org.uk/castles/map/>
- ❖ Alternatively, you can google 'local castles near me' which should give you a few ideas.

Forests and Woods:

Find your nearest forest or woods using the links below:

- ❖ Forestry England
<https://www.forestryengland.uk/visit>
- ❖ The Woodland Trust
<https://www.woodlandtrust.org.uk/visiting-woods/find-woods/>



Chapter 8

Write/Draw/Film Your Very Own Fairy-tale Story!



Have a go at sketching/drawing something from a fairy-tale story:

- ❖ This could be anything from a character, magical objects, or a scene from your favourite fairy-tale.

Create a story board for an existing fairy-tale or come up with a completely new fairy-tale:

- ❖ You could create a fairy-tale story for your club, with members starring as different characters. You could include club traditions, or funny stories that have happened to make it extra personal. At the end, your club might have a story which can be kept and passed on, to be continued where you left off.



- ❖ As a club, you could perform a scene from a chosen fairy-tale. Who would play each character? Costumes and dressing up optional of course. Get someone to film it so you can watch it back!
- ❖ If you've had a go at coming up with your own fairy-tale story, you could also have a go at performing and filming it to keep for your entertainment!

Chapter 9

‘Poison’ Apple Bobbing

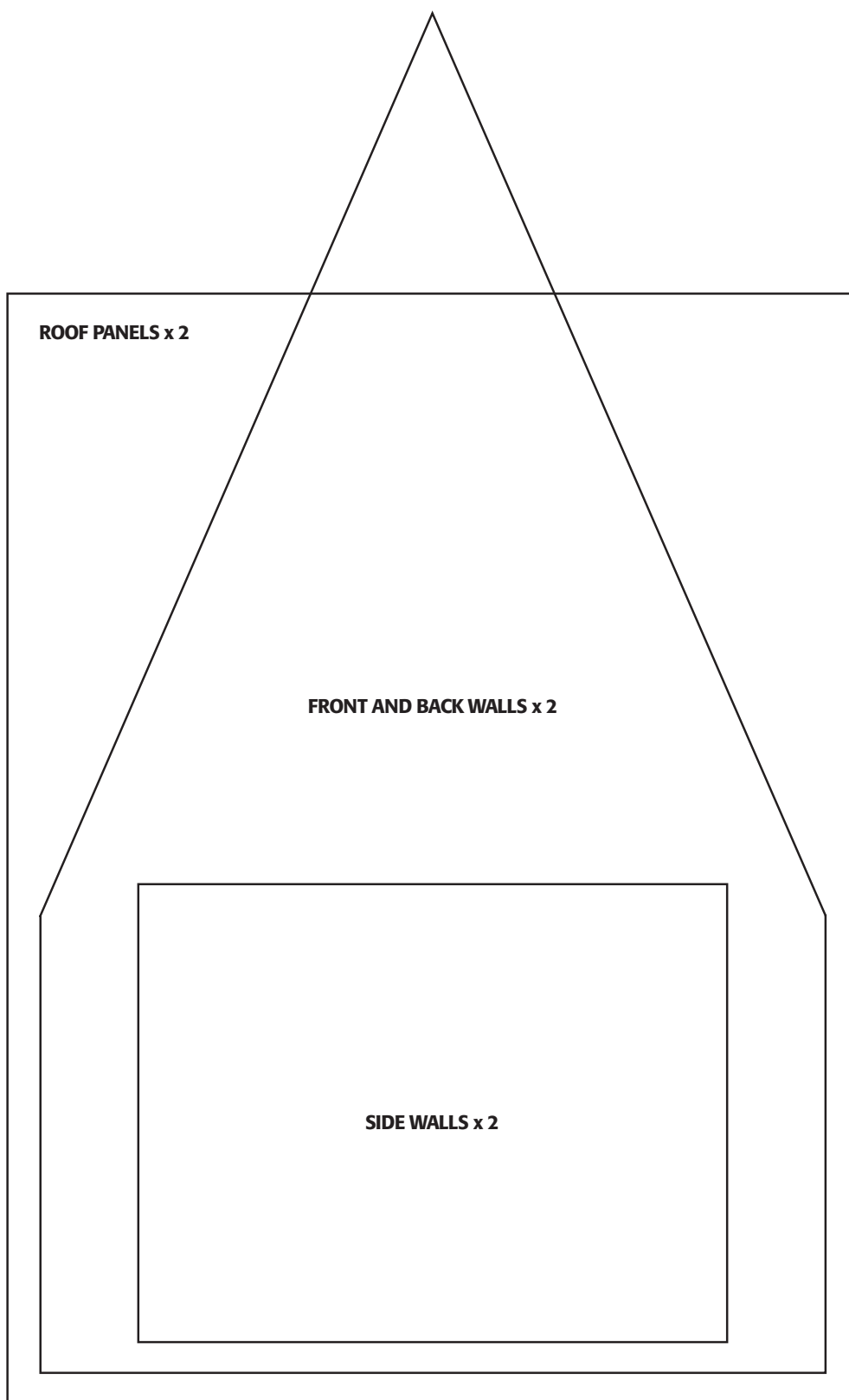


The Evil Queen in disguise has lost the poisoned apple. Can you retrieve it before the queen finds it to save Snow White...

How to:

1. Find a suitable container – a bucket or a washing up bowl would work. Give it a wash beforehand.
2. Fill the container $\frac{3}{4}$ of the way with cool water. Then add in some apples, you probably want the same number of apples as there are players + a couple more.
3. Place the container on a table or the floor. You may want to lay some towels down underneath the container if playing inside.
4. Now you can start bobbing for apples. Each player has a go at trying to catch an apple with their teeth. You can't use your hands or any other body part to catch the apple, keep your hands behind your back!
5. If you want to add more fun, time how long it takes each player to retrieve an apple from the container. You can then crown the quickest player the winner. You could hand out prizes if you wanted.

Disclaimer: We don't recommend actually poisoning any of the apples!





You Shall Go To The Ball...

Continue your Fairy-tale Adventure and
experience your Happily Ever After by booking
onto Once Upon A Ball through the website here:

<https://ball.ssago.org/>

We're so excited to welcome you all on 30th April.

We hope to provide everyone with a magical
evening full of good food, good company, and
probably quite a lot of bad dancing...

