



Cinderella Worksheet – For Year 3 & 4

HAVE YOUR CHILDREN ANSWER THESE QUESTIONS IN CLASS AS AN ACTIVITY TO RE-INFORCE THE VALUES OF THE SHOW

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1. What were three great things about the Alpha show, Cinderella?

2. What was something that you didn't like or thought could be better?

3. Why did Prince Charming not want to dance? How did the Fairy get the Prince to feel more confident about dancing? Do you think this could work for you if there is something you want to do but don't feel confident?

4. Do you know anyone or have *you* ever behaved in a selfish way like the Ugly Stepsisters? Do you get what you want from life when you act like this? What happens instead?

5. Cinderella and Prince Charming had a dream to be more than they were, and to make life more than just about themselves. What is something that you dream about, that you now want to make sure happens in your life one day? What will it look, sound and feel like when you get it?



6. Why was the Evil Stepmother so crazy & mean? What did she want more than anything in the world? Do you think she would've been happy if she had got all the money she wanted?

7. The show subtly taught that having fun and yelling out and using your physiology (body) in ways that create what we call a 'peak state' is a great way to live life. So what other area of your life do you think you could apply this technique to? Perhaps an area where you sometimes become stressed or frustrated.

8. How much more fun and more fulfilled and happy would your life and this situation be if you were to use your body, voice, the focus of your mind, and the questions you ask in similar ways like you did during the show? What difference would it make to your life now and in the future?

9. What would that look, sound and feel like?

10. Who was the character that you are the most similar to, or someone who you look up to? Why do you want to be like that character? If you were just like them, do you think you would get what you want in life? Why?

Don't forget to write to your favourite character on the internet! Just go to <http://www.alphashows.com.au> and click on 'KIDS!'