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In Chinese literature, poetry is one of the earliest forms of writing. The character of Mulan was inspired by an ancient Chinese ballad, "The Ballad of Mulan," which was first transcribed from oral storytelling in sixth century China. For centuries, Mulan has been revered in China for her sacrifice and the perseverance that made her legendary. Mulan continues to inspire people through her unexpected strength and spirit.

STRENGTH AND SPIRIT

Inspiration can be found just about anywhere—particularly within nature. Connecting with nature provides opportunities to reflect on our true purpose and focus on personal growth.

Some elements of nature, like flowers, may seem delicate, but are often stronger than they appear. Have you ever witnessed a tiny sprout, small and fragile, rising through a brick wall or crack in the ground? These elements can serve as metaphors for our own growth and offer a deeper understanding to our own personal inner strengths. Consider which aspects of nature you relate to the most. Is it the strength of tall trees or the constant changes in the wind? Head to the next page to construct a poem inspired by the strength and beauty of nature.



Disney
MULAN

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MULAN

Nature inspires me when:

Other thoughts:

My favorite outdoor place is:

Nature shows strength by:

I connect to nature most when:

Nature's greatest attribute is:

I admire the natural world's ability to:

CONNECT TO NATURE

In your favorite nature spot, observe the beauty around you and see what aspects inspire you most. Create a unique poem that represents you based on your experience in nature. In the space to the left, finish the prompts in the flower petals. Then, arrange the phrases from your answers on the lines at the bottom of this page to construct a poem. Hang the poem on your wall as a reminder to find the beauty in nature each day!

Example: Nature inspires me when the wind softly blows through the trees. Nature shows strength by how the trees withstand wind yet the leaves move slowly in the breeze. I connect to nature most when I close my eyes and feel the wind blow. Nature's greatest attribute is the variety of colors found within it. I admire the natural world's ability to change.

Title:

Stream Disney's "Mulan" on Disney+ September 4 with Premier Access.*