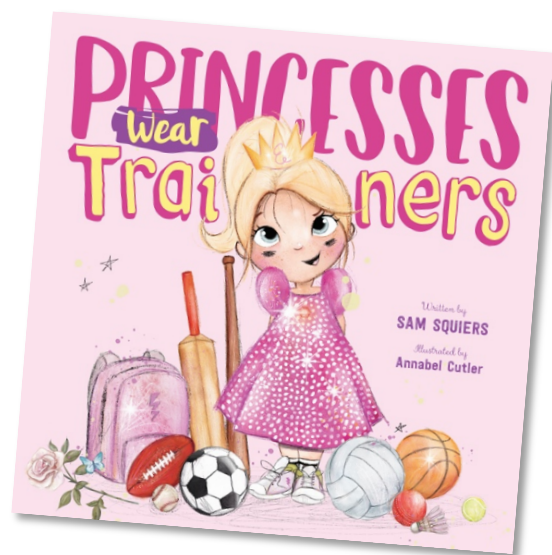


## TEACHING NOTES: PRINCESSES WEAR TRAINERS

Written by Sam Squires  
Illustrated by Annabel Cutler  
Published by Little Steps Publishing



### SYNOPSIS

Princess Ellie loves playing sports, but she has a little problem ... nobody seems to think that her sporty interests are very princess-like! When disaster strikes the kingdom, Princess Ellie sets out to prove that princesses definitely wear trainers.

### ABOUT THE AUTHOR

Sam Squires is an award-winning sports journalist, presenter, author and the founder of Sportette. Sam has worked with Australia's leading media and sports organisations, including Fox Sports, Nine Network, Surfing Australia, NRL, Seven Network, Sky News and Southern Cross Australia. Over the course of Sam's career, she's become a strong advocate for women in sport. In 2014, Sam founded Sportette to provide an avenue to tell the incredible stories of female athletes and it grew to be a leading think tank on women's sports. *Princesses Wear Trainers* is Sam's debut children's book. A heart-warming tale of a princess' passionate pursuit of her sporting dreams, *Princesses Wear Trainers* sends a powerful message about girls and sport from a key early age. While juggling her media commitments and keynote speaking engagements, Sam is also a Women's Professional Golfers' association (WPGA) Board Director and a mum to her own little girls, Imogen (Immi) and Elle.

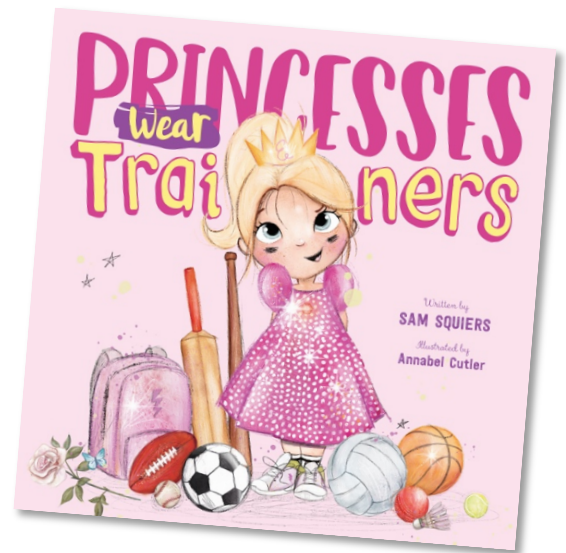
### ABOUT THE ILLUSTRATOR

Annabel Cutler is currently studying for a Bachelor of Communication Degree at the University of Technology in Sydney and has completed a certificate in Illustration and Drawing at Open Colleges with a high distinction final mark. Her art is stocked in galleries throughout NSW and has been displayed in group exhibitions. Spending her childhood in rural New South Wales, Australia, her passion for painting and drawing animals and quirky characters flourished and continues to inspire her today. When she's not making a mess in her studio, she loves morning beach swims, documentaries and eating too much food with friends.



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### EDUCATIONAL APPLICABILITY

Princesses Wear Trainers is an uplifting tale which sends a powerful message to girls about sport from a key early age. The story encourages girls to be brave, strong, independent and breaks down stereotypes of princesses and women in sport.

### DISCUSSION TOPICS

Read the book together, asking questions throughout.

1. Look at the cover of the book together. What do you think the story might be about?
2. Ask the children what sports they play and what are their favourite sports.
3. Do you think some sports are for girls and some sports are for boys? Why?
4. In the story, Princess Ellie loves sport. Is it unusual for a princess to like sport? Why? What is a traditional princess supposed to like and do? Do you think that sometimes stereotypes should be broken?
5. Ellie is determined to be a sporty princess. What does 'determination' mean?
6. What did the children think of the book? If they liked it, why did they like it? What was their favourite part?





## WORDSEARCH ACTIVITY

Find all the words below in the *Princesses Wear Trainers* wordsearch



# PRINCESSES WEAR TRAINERS

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



BALLGOWN  
BASEBALL  
CRICKET  
DRAGON

ELLIE  
FOOTBALL  
KING  
PRINCESSES

QUEEN  
RUGBY  
SPORTY  
TRAINERS



# PRINCESSES WEAR TRAINERS

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

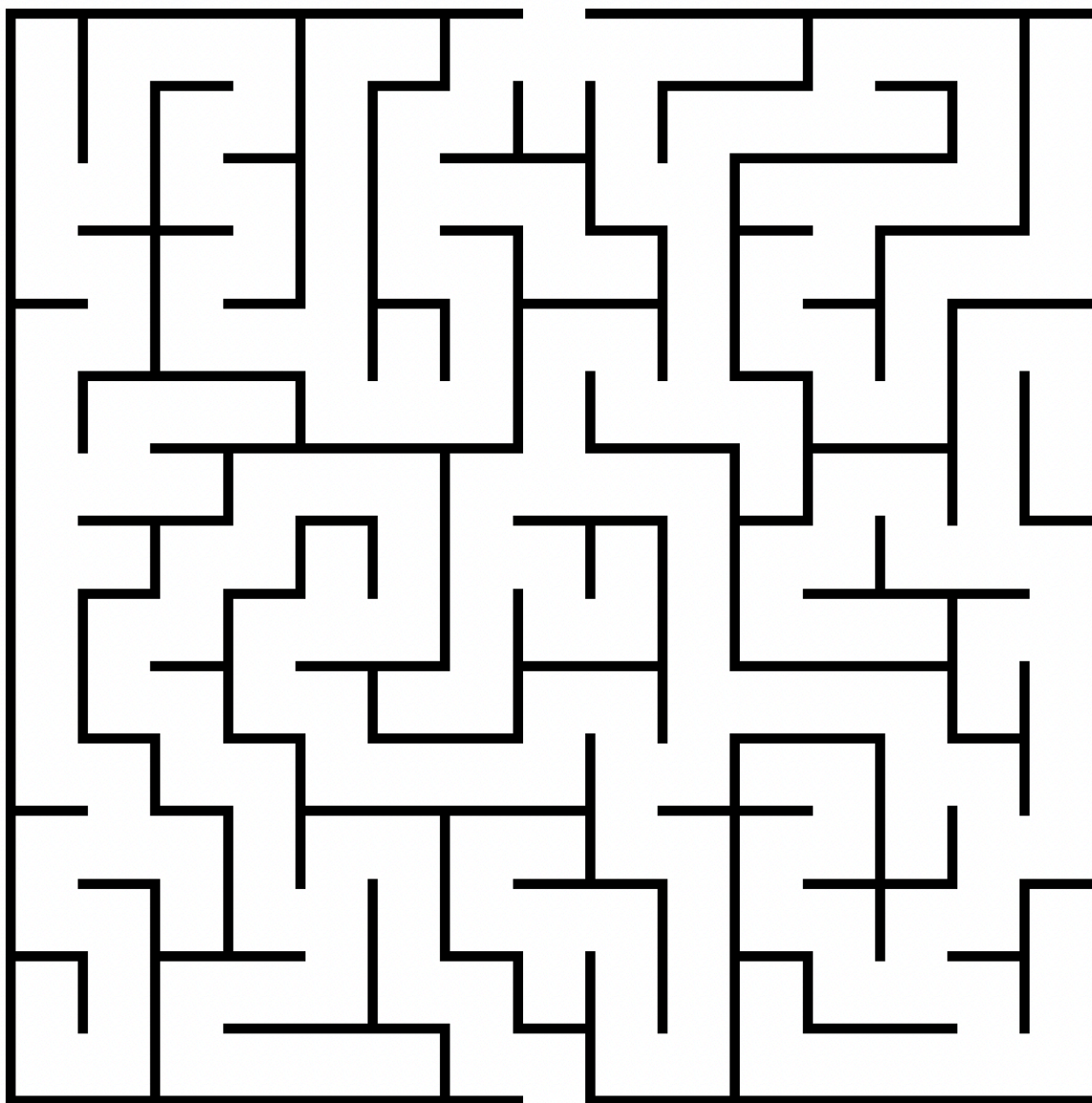
BALLGOWN  
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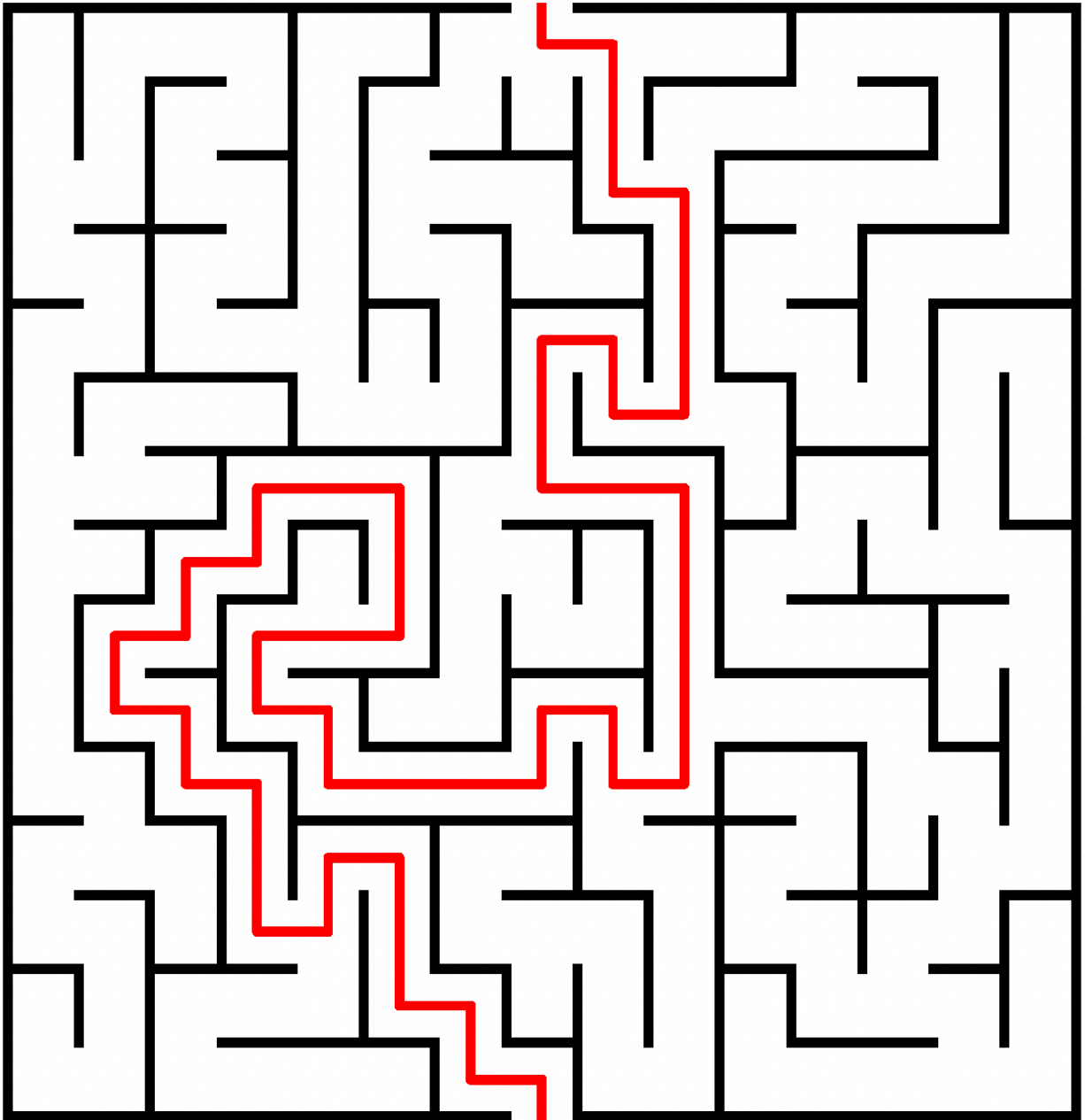
## A-MAZE-ING ELLIE

Help Princess Ellie defeat the dragon.



[www.mazegenerator.net](http://www.mazegenerator.net)

## MAZE SOLUTION



[www.mazegenerator.net](http://www.mazegenerator.net)



## DRAWING ACTIVITY

Draw a picture of Princess Ellie in one of her sporty outfits. What sport will she be playing?

