



MARVEL STUDIOS

CAPTAIN MARVEL

ACTIVITY PACKET

Created in Partnership with Disney's Animals, Science and Environment

MEET THE CHARACTERS



CAPTAIN MARVEL / CAROL DANVERS

Carol Danvers becomes one of the universe's most powerful heroes when Earth is caught in the middle of a galactic war between alien races.



NICK FURY

In the years following the Cold War, Nick Fury wrestles with his sense of purpose within S.H.I.E.L.D. When Nick crosses paths with Captain Marvel, they become Earth's only hope of stopping a Skrull invasion.



TALOS

Talos, perhaps the most cunning spy in all of the Skrull Empire, is a master of shapeshifting and intergalactic espionage. An integral leader to the Skrull's offensive efforts in the bitter Kree-Skrull War, the fearsome Talos will do whatever it takes to protect his own.



GOOSE

Goose, a super-affectionate tabby, is the friendliest and most adventurous cat around.

STRENGTH POWER AGILITY STEALTH LEADERSHIP



These are just some of the unique qualities a select group of Kree warriors possess, making Starforce one of the most elite teams in the galaxy. Each individual has a different set of abilities, and when combined, they work together for the success of the mission. Carol Danvers is one of the select few that comprise this elite group, possessing not only binary power, but also unmeasurable traits such as determination and compassion.

You may not belong to an elite special team like Starforce, but through hard work and dedication, you can become a hero for your community and planet. Begin your journey by soaring to the skies with Carol Danvers to unlock your own heroic potential. Throughout this packet, you'll design a symbol that represents who you are, train your mind and body for strength and discover your own unique traits to fly higher, further, faster. All of these and more lie in the pages ahead. And don't miss Marvel Studios' "Captain Marvel" in theaters March 8.

Acknowledgments

Disney's Animals, Science and Environment would like to take this opportunity to thank the amazing teams that came together to develop the Marvel Studios' "Captain Marvel" Activity Packet. It was created with great care, collaboration and the talent and hard work of many incredible individuals. A special thank you to Dr. Mark Penning for his ongoing support in developing engaging educational content that connects families with nature. These materials would not have happened without the diligence and dedication of Kyle Huettner who worked side by side with the filmmakers to help create these compelling activities and authored the unique writing found throughout each page. A big thank you to Michelle Mayhall and Elyssa Finkelstein whose creative thinking and artistry developed games and activities into a world of outdoor exploration for the Super Hero in all of us. Special thanks to directors Anna Boden and Ryan Fleck and producer Kevin Feige for creating such an amazing story that inspired the activities found within this packet. Lastly, thank you Theresa Cross, Lindsay Dragin and Noah Duman at The Walt Disney Studios, as well as Sarah Beers, Adam Davis and Cameron Ramsay at Marvel Studios for their help and unwavering support of this project.

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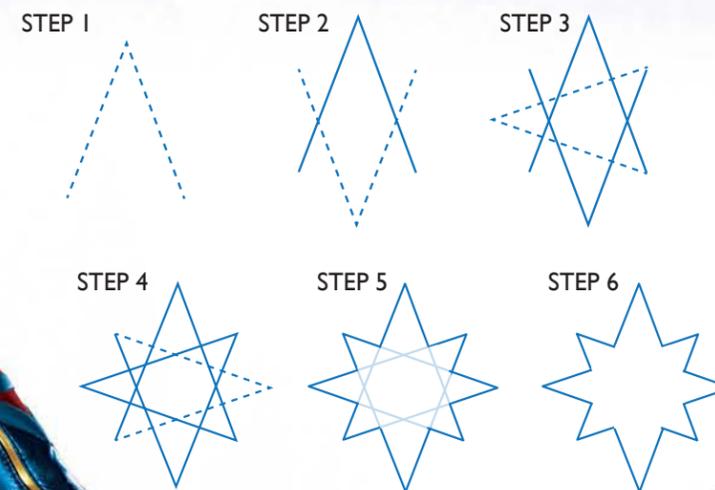
An eight-pointed star streaks across the center of Captain Marvel's uniform in brilliant gold and red. Although the image originated as part of her Kree Starforce uniform, the star has become a visual symbol of everything Carol Danvers stands for—duty, honor, leadership. This heroic emblem recalls Carol's history as a United States Air Force pilot, an individual reaching towards the stars across the galaxy.

Think of other symbols you have seen in your everyday life. They may be in the form of shapes, colors or even letters. Some are so well known they are understood across countries, cultures and languages; for example, a red octagon for stop or a heart to signify love and affection. Some symbols are used to inspire, like the green arrows of the recycling symbol or an animal that represents the wildlife humans are striving to protect. No matter the meaning, symbols evoke understanding when words cannot, and can be utilized to showcase the beliefs we as individuals hold most valuable.

Have you ever thought of a symbol that would represent you and your own values? Head to the next page where you can practice drawing Captain Marvel's iconic symbol and then create a heroic emblem of your own.



A Super Hero's emblem is one of the most recognizable parts of their uniform. It is a symbol that showcases who they are and what they stand for. Follow the steps below to learn how to draw Captain Marvel's unique emblem.



A HEROIC EMBLEM

Draw it yourself here.

MY SUPER HERO EMBLEM

Have you ever thought of creating an emblem that would exemplify who you are and the values you hold dear? What image would you choose to illustrate those beliefs? Or would you select an icon of the very thing you aim to protect, like the environment, your community or maybe even your pet? Use this space to brainstorm and create your own emblem inspired by the thing that matters most to you.

Once you've completed the design, cut out the emblem and place it somewhere special to remind you of the individual you aspire to be and the important things you are striving to protect each and every day!

FLYING STEADY

Unlike most Super Heroes, Captain Marvel had plenty of experience in the air before ever gaining her powers. Back on Earth, Carol Danvers was one of the first female pilots in the Air Force, participating in flight tests with her best friend Maria Rambeau. Together they rose through the ranks and joined Project Pegasus to push the limits of aviation and flight.

As a world-class aviator, Carol Danvers must have a steady hand to pilot all manner of aircraft. Whether she's flying an intergalactic Kree ship as part of Starforce or handling the controls back on Earth in an Air Force fighter jet, Carol must always be alert and watchful of her flight instruments. One of the most important of these instruments is the attitude indicator. This tool informs the pilot of their aircraft's position compared to the Earth's horizon.

By reading the attitude indicator, the pilot can steer the control wheel in the proper direction to reach level flight.

Do you have a steady hand to pilot a high-speed jet? Head to the next page to find out!



For each flight simulation below, shade in the box that indicates where you need to move the control wheel to reach level flight. At level flight, the red dot is on the horizon line and the control arms are parallel to the horizon, similar to the attitude indicator to the right. Remember, when piloting, moving the control wheel backward raises the plane higher in the air, while moving the control wheel forward steers the plane to the ground.



1 EXAMPLE

FL	FC	FR
CL	C	CR
BL	BC	BR

FORWARD
CENTER
BACKWARD

2

3

4

5

6

Answer Key: 1. backward center (BC), 2. center right (CR), 3. forward center (FC), 4. forward left (FL), 5. backward left (BL), 6. forward right (FR)



Captain Marvel has incredible powers such as super human strength, endurance and the ability to control energy. However, these special abilities are not the only reason she goes on to become one of the universe's most powerful heroes. Carol Danvers has pushed herself for her entire life, fighting bullies at school and running exhausting drills at boot camp. She overcame each and every obstacle by remembering one important thing—to always get back up when she failed. With that mindset, along with hard work and intense training, Carol prepared herself to succeed in the most difficult situations.

Becoming your best self requires focus and determination. With the right attitude and commitment, you can build your own strength, both mentally and physically, no matter where you live. There's no better place to begin than right outside your door. One of the best training grounds for exercise is nature. Spending time outdoors increases your fitness levels, your health and can even calm your mind through meditation. Head to the next page where you can map out a plan to start your outdoor training today!



NATURE NOTE:

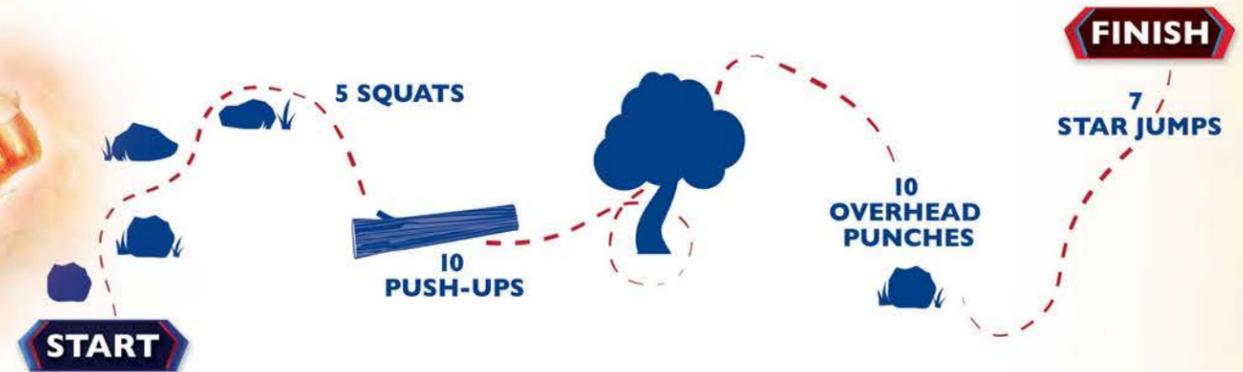
Be mindful when navigating a new outdoor location. Stay safe by staying within sight of a parent or guardian when creating your training circuit.



BUILDING STRENGTH



Head outside and create a training circuit to begin your journey towards building personal strength. You can lay out items found in nature—such as pine cones or rocks—to zig-zag in between, run a lap around trees on your block or do a set of push-ups on a log. Be creative when setting up your training, but most important, keep a positive mindset! Use the example map below and exercises above to practice your training circuit, or use the blank area to create a brand new routine in a nature space near you.



MY TRAINING CIRCUIT

START

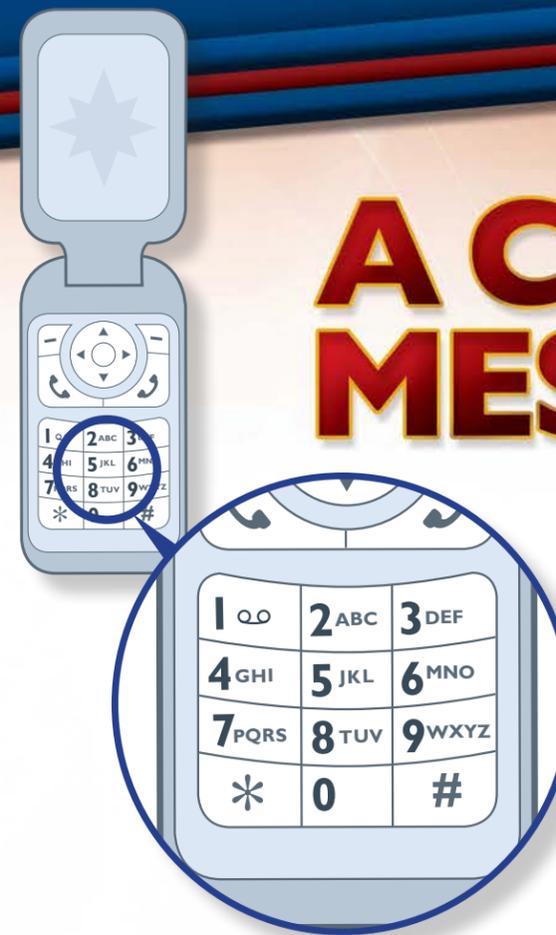
FINISH



Working for S.H.I.E.L.D., Nick Fury must use his intelligence and the latest technology to combat dangerous threats facing our world. During the era in which Fury helped Captain Marvel protect the Earth from a Skrull invasion, high-tech gadgets like his two-way pager were the peak of innovation, but left a lot to be desired. Technology in the 1990s moved slower than today's modern inventions. Using these devices required plenty of patience, especially if you were trying to send an important message on a cell phone.

T9 text was a type of communication that required such patience. A user attempting to text a friend had to input a number up to three or four times before getting the right letter needed in a word. For example, to spell the word "the," a message writer had to press the number 8 once for "t," the number 4 twice for "h," and press 3 twice for "e:" 8, 4-4, 3-3.

Do you have the patience to live in the 90s? Head to the flip-phone on the next page to find out.



A CODED MESSAGE

Crashing to Earth in the 1990s, Captain Marvel must adapt to a human society much different than that of the Kree. Technology, architecture and culture are all light-years behind the world she's lived in. Take, for example, the flip-phone. Not only does it require the user to hit a button multiple times to get a single letter within a text but it doesn't even have a single emoji!

Help Captain Marvel step into the world of the 90s and unlock the phrase below using the flip-phone's number pad with corresponding T9 letters.

<input type="text"/>						
4-4	4-4-4	4	4-4	3-3	7-7-7	
<input type="text"/>						
3-3-3	8-8	7-7-7	8	4-4	3-3	7-7-7
<input type="text"/>						
3-3-3	2	7-7-7-7	8	3-3	7-7-7	

Decoded Message: Higher, Further, Faster

DIFFERENCES MAKE A DIFFERENCE

Starforce. An elite special forces team made up of the very best Kree warriors. Each member, including Carol Danvers, brings with them a unique set of skills to help the team successfully meet their challenging missions. The leader of Starforce serves as mentor to Carol, the newest member. Korath, second in command, brings discipline. Att-Lass and Minn-Erva both bring accuracy in shot, as well as stealth and infiltration. Last is Bron-Char, the team's muscle. In Starforce, each member of the team is as important as the other.

Just like the members of Starforce, our own differences, when combined together, can make a lasting impact. Your uniqueness and individual strengths are what your community and the world need today. You already possess incredible traits, so identify what makes you a hero and embrace it. Once you do, step out into the world and make a positive impact. Are you successful at inspiring your friends to support a cause? Organize a park clean-up! Or do you like to use your imagination to think up new ideas? Use your creativity to start a

campaign to save an endangered species. There are never too many heroes, and the world needs each and every unique one it can find.

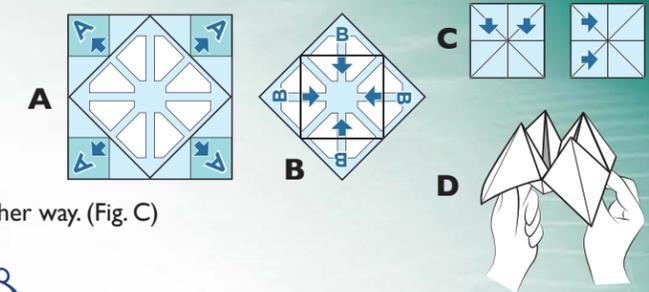
There are many different types of leaders, all who possess unique traits to help others! Fold the trait finder on the next page and follow these steps to begin exploring some unique abilities:

- 1) First choose a member of Starforce, then open and close your fingers the number of times shown under their name.
- 2) Next, select a heroic attribute. Which one reflects who you are, or who you strive to be?
- 3) Open the flap to find out more about your ability and ways in which you can use it to help your community and the world!



FOLDING INSTRUCTIONS

1. Fold back the four triangular corners. (Fig. A)
2. Turn over and fold the four corners forward, covering the center. (Fig. B)
3. With the numbers facing out, fold in half then unfold and fold again the other way. (Fig. C)
4. Slide your thumbs and forefingers under the four flaps. (Fig. D)



CAPTAIN MARVEL

<p>ATT-LASS</p>	<p>KINDNESS</p> <p>KINDNESS</p> <p>The ability to display a sense of concern and care for others. You might participate in a community service project to improve the lives of others.</p>	<p>COURAGE</p> <p>COURAGE</p> <p>The determination to achieve a goal, no matter the obstacles ahead of you. You might take risks to help others who are facing their own struggles.</p>	<p>BRON-CHAR</p>
<p>EMPATHY</p> <p>EMPATHY</p> <p>The ability to understand and share the feelings of another. You might participate in a beach clean-up because you can relate to not wanting to live in a polluted home.</p>	<p>CREATIVITY</p> <p>CREATIVITY</p> <p>The ability to use your imagination to come up with original ideas to solve problems. You might think of creative solutions to help endangered animals.</p>	<p>COLLABORATION</p> <p>COLLABORATION</p> <p>The ability to partner with others to achieve a common goal. You might organize the creation of a local garden for your community to enjoy.</p>	<p>CREATIVITY</p>
<p>PATIENCE</p> <p>PATIENCE</p> <p>The ability to accept delays or setbacks without complaint or irritation. You might work to restore a natural area or neighborhood garden over the period of many months.</p>	<p>PASSION</p> <p>PASSION</p> <p>Possess enthusiasm and excitement for the things you care about and want to achieve. Your passion might inspire others to act and motivate them to improve themselves.</p>	<p>INTEGRITY</p> <p>INTEGRITY</p> <p>The ability to do the right thing when no one is watching. You might recycle each and every day, even when you're on your own.</p>	<p>KORATH</p>
<p>MINN-ERVA</p>	<p>PASSION</p>	<p>INTEGRITY</p>	<p>BRON-CHAR</p>

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MARCH 8

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