



A Princess Tea

A One-day Event for Girls
Ages 12 and Under



TAMYRA HORST



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A Princess Tea

Many little girls like to pretend to be princesses. They enjoy dressing up in pretty dresses and sparkly things and twirling around the room. It makes them feel special. Pretty. All too soon they grow up and no longer believe that they are princesses or could ever be a princess. They battle with insecurities and struggle to feel pretty or valuable.

A Princess Tea is a great ministry event planned for girls under 12 where they not only get to pretend to be a princess and dress up and enjoy an afternoon tea—all fun things for little girls—but are reminded that they really ARE princesses. That God calls them His princesses. More than just a fun afternoon for little girls and their moms and grandmoms, this event can build a foundation little girls can build on as they grow, learning lessons that will remind them of who they are and how they are uniquely special. When included in a women's ministries program that also plans events for teens and for adults, the tea makes it possible to impact the lives of women for Christ from the time they are little girls through their adult years.

It's a great community event. Invite your neighbors, family members, friends, school friends of the little girls in your church and/or just advertise in the local newspaper. It's a simple, fun event that little girls and their moms will enjoy attending.

The tea not only includes food, but also activities, crafts and stories called a "ball" before the tea.

The Basics

STEP 1. Plan your event. Choose a date, time, and place. You'll want to schedule at least three hours for your event, allowing one to two hours for set up beforehand and cleanup time afterwards.

STEP 2. Create your invitations and send out. Create postcards, bulletin inserts, ads for the local newspapers, or invitation cards that you can hand or mail out. Include the date, location, time, RSVP and "for more information" contact phone number and email address. Wording for the invitation can be simple:

All of God's princesses, 12 years old and younger, are invited to bring their moms, grandmoms, or adult friend and join us for an afternoon tea with fun activities and stories that remind us that we are truly princesses.

As people register, send them a [confirmation letter](#) similar to the one in the Appendix, letting them know the time, place, what to wear, anything you'd like them to bring, etc.

STEP 3. Organize your team. People you may need:

- ▶ Meal staff to prepare, serve, and clean up from the tea itself
- ▶ Someone to greet people as they arrive
- ▶ One or two people to lead the welcome craft should you choose to plan a craft for girls to do as they arrive and wait for the event to begin
- ▶ One person to tell the stories
- ▶ One person to be the MC and lead out explaining the activities, etc.
- ▶ Helpers to assist girls/moms with the crafts if needed—often moms/grandmoms can assist the little girls, too

This is a great activity to include teens in, pairing them with an adult to work together in the kitchen, crafts, and activities. Teens will enjoy dressing like a princess, too, and the little girls will enjoy having them involved. Note that we typically have a team of 4–7 people depending on the size of the tea. For smaller teas, we just do double duty.

We've also found that the little girls seem to enjoy the team dressing like princesses, too. Makes it more special and fun for them. They can imagine that the grownups are princesses, too.

STEP 4. Plan the activities for your event. This is where the fun begins—planning the tea. The goal of the afternoon is for little girls (and their moms) to walk away reminded that they are princesses of God, uniquely designed and loved by Him. So plan fun activities that will repeat this thought over and over.

Ideas

Have a craft for them to work on when they arrive. Because not everyone arrives on time, this gives girls something to do while waiting and keeps them from running all over the place. It could be a simple craft—having them decorate a “crown” is a great way to get started and ensures that everyone has a crown. Or you may want to have a couple of simple games for them to play, like “kiss” the frog (think pin the tail on the donkey with lip stickers and a frog poster) and pass the princess slipper (hot potato with “princess music” and a “princess” shoe.)

- ▶ Have someone at the door welcoming each princess as she arrives, directing her to find a table and/or go to a welcome activity.
- ▶ If you have a man in your church who can play a trumpet, have him at the door, dressed as a royal greeter who trumpets the

arrival of a princess and calls out her name, "Welcome, Princess Kaleigh and her mother, Princess Melissa"

Encourage moms/grandmoms (all adults—occasionally a dad shows up) to participate in everything along with the little girls. We ask and encourage and often remind the adults in the room that everything the little girls do, we want them to do as well. So adults make the crafts, play the games, etc.

Share a Bible story about a "princess" and then do a craft or activity to enhance the emphasis of the story. Here are some ideas to get you started:

- ▶ **IDEA: Princesses don't always look like princesses or live in castles.**
 - ▶ Esther – an orphan girl. But God called her to be a princess and gave her an important task.
 - ▶ Sarah – she lived in a tent and didn't always trust God completely, but He named her "Sarah" which means "Princess". God calls each of us princess.

Decorate crowns with sticker jewels and foam princess shapes. The little girls love the jewels. If you can't find sticker ones and use ones you need to glue on, do this craft first and then have a place for them to lay out to dry. The girls use lots of glue. We've attempted to use glitter glue or paint, but that is super messy and takes a long time to dry.

If you've done the crown craft as a welcome activity, get inexpensive mirrors for the girls to decorate. They can use foam princess stickers (they're relatively easy to find and inexpensive.) Get glass markers so they can write "God calls me His princess" on the mirror. Great take home reminder of who they are in God's eyes.

- ▷ **IDEA: Princesses tell others about Jesus.**
 - ▷ Lydia – She was a rich business woman who sold purple cloth. Very expensive. (If you have a piece of soft velvety purple cloth, use it as a prop and let the girls feel it—this adds to their memory of the story.) When she learned about Jesus, she used her house as a church so others could learn about Jesus.
 - ▷ The Little Maid – She was far from home and worked as a servant for Naman. When he got sick, she told about God and how He could make him better.

Have a craft that they create to give to someone else to tell them that Jesus loves them and calls them His princess ideas include a candy bar wrapper and then give them a candy bar to put in it, decorate a cookie and write a note—have little bags to put the cookies in, make a bookmark (you can buy inexpensive blank bookmarks at a craft store) that they can decorate. Have them write “You are a princess” on the wrapper or in the note or on the bookmark.

- ▷ **IDEA: Princesses are each unique and created for something special.**
 - ▷ Mary, Jesus’ mom – Mary was just a teenager, but God chose to her to be Jesus’ mom.
 - ▷ Mary and Martha – sisters. Each one had their own way of loving Jesus.
 - ▷ You can use almost any woman in the Bible here. Just tell who she is and the special role that God created her to play.

For this idea, we like to take a picture of each princess—we take group pictures with each group who came, not individual pictures, but when we print them, we make sure that we print one for each person in the picture. We send them out with the follow up letter afterwards. So our activity is taking the pictures and

making something for the picture to go in/on. Either decorating a picture frame (from the craft store—cardboard or foam) or creating a poster about who you are and what you like with space in the middle for the picture. Girls do seem to enjoy that.

▷ **IDEA: Princesses are good friends.**

- ▷ Ruth – Ruth was a good friend to Naomi. She took care of her and stuck by her even when Naomi wasn't very nice.

Here's the opportunity to get a little active after all that sitting and play a few games—friends do fun things together.

- ▷ **Kiss the frog.** Get lip stickers. Draw a frog on a poster board. Then play like pin the tail on the donkey. Blind fold them and have them stick the "kiss" on the frog. You could also do a pin the gem on a crown instead. Create a large crown on poster board. Then create gems to pin on. Just put double stick tape on the back of them. Then play like pin the tail on the donkey and decorate your crown.
- ▷ **Pass the princess slipper.** Like hot potato only use a "princess" shoe—either something sparkly or purchase a pair of princess shoes in the kids' department at Target or Walmart. Play "princess" music—fun classical or something that sounds royal. Could also do it with a princess scepter.
- ▷ **Princess slipper relay.** Have a pile of high heels. Divide the girls into two teams. Then do a relay-style game where one team member runs to the pile, finds matching "slippers", puts them on and walks back to her team. Then repeat with the next team member. First team where everyone finds a matching set wins.

- ▶ **Royal ring toss.** Have a couple of crowns. A few rings (plastic rings used for a ring toss—not jewelry rings.) Have a line they need to stand behind. Then they toss the rings and try to get them inside the crown.
- ▶ **Princess, princess, princess, queen.** Like duck duck goose. Have girls sit in circle. One person goes around with scepter and touches each person, saying princess, until she says queen. That person gets up and attempts to tag her before she runs around and sits in the vacated spot.

You can find more game ideas on Pinterest or online.

- ▶ **IDEA: Princesses do chores and help take care of things at home or school.**
 - ▶ Eve – God created Eve in a beautiful garden with lots of animals and told her to take care of it.

Have them decorate flower pots and plant a flower in them. A reminder that princesses do chores and help mom and dad. Again painting flower pots is a messy craft. You may just want to tie ribbons around them or something sparkly. You can spray paint them a royal color ahead of time like purple.

- ▶ **IDEA: One day Jesus is coming to take princesses home to heaven where they will truly see that they are princesses.**
 - ▶ Instead of story from the Bible for this one, they are the princess in this story. Talk about Jesus' promise to come again and talk about heaven in a way that makes it real and exciting.

This one leads right in to the actual tea party. When we get to heaven, Jesus will have a big party with food for us to celebrate us being with Him. Then enjoy the tea food.

Note that in between each of these stories/activities, we have the girls sing "[Jesus Calls Me His Princess](#)," sung to the tune of "Jesus Loves Me." The words are in the appendix. We print off the words on pretty paper and have one at each place setting at the tables where they are sitting. By the end of the afternoon, they have memorized the song and will (hopefully) be singing it long after the tea party is over. Just one more way of creating a memory about who they are in Christ.

STEP 5. Purchase or borrow supplies for your tea. You may already have some great places to find these inexpensively, but two great websites for getting princess items inexpensively are orientaltrading.com and partycity.com. Both have supplies that do not use Disney princesses, making your tea less commercial and more about being God's princess instead of a Disney princess.

Oriental Trading has castle kits for \$8.50 each that make great centerpieces. They are heavy cardboard and snap together. They also have "Carriage Treat Boxes" that are incredibly cute for \$5.00 per dozen. They "park" wonderfully at the castles. They also have a "Design Your Own Giant Castle" kit that allows kids to color and design a castle (you could make a template and cut out and create your own if you have the time) costing \$10.50 for a dozen. A great activity that talks about heaven or living with God one day—God preparing us a home.

You may want to order party favors for each girl—like a princess scepter. These are fairly inexpensive and fun. Tiaras or tiaras/crowns to make are another great gift.

Party City has paper supplies of princess items or just pick up solid color plates, napkins and cups in pinks and purples.

Instead of paper cups, you may want to use tea cups and tea pots for an extra elegance. A piece of tape on the bottom of a saucer with the name of the person the tea cup and saucer were borrowed from written

(on the tape) in permanent marker will aide in returning the cups after the event is over. If using tea pots, you may want to make sure an adult at each table does the serving. You'll also need to prepare plenty of hot water ahead of time, fill pots, and have people to refill them as needed.

There are simple and inexpensive ways to decorate that will create a fun and beautiful setting for your little girls. Simply purchasing balloons in pink, purple, and white, filling them with helium and creating a balloon centerpiece for each table (with one balloon per chair so each attendee can take a balloon home at the end) adds an elegance and extra spark to the room.

You can include a small "scroll" at each place setting as a party favor. Write a note about being a princess. A [sample scroll letter](#) is included in the Appendix.

[Directions for a "castle"](#) made from an appliance box are included in the appendix.

STEP 6. Plan your food. You can serve a variety of herbal teas, plus lemonade, juice and/or water for those who don't want hot tea. Keep food simple. Finger foods are fun, simple and kid-friendly. Ideas for food include:

- ▶ Finger sandwiches which can be made more fun by cutting them into shapes with cookie cutters. Sandwiches filling ideas:
 - ▶ Peanut butter and jelly
 - ▶ Cucumber with a little mayo or cream cheese
 - ▶ Humus and tabouli
 - ▶ Grated green pepper and cheddar cheese mixed together into a spread
- ▶ Mini bagel pizzas
- ▶ Crackers spread with a vegetable cream cheese and topped with a slice of cucumber and half a cherry tomato (huge hit)

- ▷ Fresh cut veggies:
 - ▷ Peanut butter on celery
 - ▷ Radish flowers
 - ▷ Grape tomatoes
 - ▷ Carrot sticks
 - ▷ Pepper sticks—use red, yellow or orange for color
- ▷ Fruit salad in a small cup
- ▷ Cookies
- ▷ Small cream puffs or mini éclairs—can be bought in the frozen food section and simply taken out of the freezer to thaw just before the meal is served
- ▷ Slices of cake made prettier with a strawberry and a drizzle of chocolate or strawberry syrup
- ▷ Cups of ice cream with a squeeze of chocolate, a cherry on top and a small cookie stuck in the side is a crowd pleaser

You may want to be aware that some girls might be allergic to peanut butter or there may be adults who are gluten intolerant as you plan your menu.

STEP 7. Your event finally arrives! Bathe your event in prayer. Before you set up the event, take a few moments to pray for the event. Prayer walk the facility and pray for each aspect of the event. Pray for those who attend afterwards, that they will remember the lessons learned, that every girl is a princess.

STEP 8. Follow up from the event by sending a note and, if you choose to do it, a picture of the princess from the tea. A [sample follow up note](#) is included in the appendix. You can create a data base from those in attendance. If you asked for birthdays, you could send a birthday card and again, remind them that they are God's princesses. Then when they reach their teens, invite them to your teen events.

A decorative frame with a crown icon at the top center. The frame is a horizontal rectangle with rounded corners and a small tab at the bottom center. The word "Appendix" is centered within the frame.

Appendix



Greetings, Princesses!

We are glad that you have accepted the invitation to attend our Princess Tea

on _____
DATE

at _____.
LOCATION

We invite you to dress in your princess attire should you so desire, but know that every princess is unique and has their own style, so please dress in your favorite colors and/or clothes. Dresses are not required.

The afternoon tea will include light refreshments, crafts, stories, and fun. Please feel free to bring your camera in order to capture the memories of this special afternoon. Every group of princesses will be photographed and later sent those pictures.

If you have any questions, contact _____

CONTACT PERSON & INFO



Castle Instructions

Here's what you need:

- ▶ Sturdy ¼" foam core or heavy cardboard. A refrigerator or appliance box works well for this, too.
- ▶ Vinyl Wall Background
- ▶ One roll of transparent tape
- ▶ Heavy duty packing tape
- ▶ Jute cording or thin rope cut in 36" lengths.
- ▶ Heavy-duty scissors
- ▶ Decorations

Here's how you do it:

1. Cut 4 panels to the desired height and width. These will form the walls of the castle.
2. Create "battlements" by cutting out several notches at the top of each panel. Adult supervision is recommended for this step.
3. Trace the door opening on one of the wall panels. An arch or square-shaped door can be used — it's up to you!
4. Cut out a large "drawbridge" opening in the center of one of the wall panels. Keep the inner panel to use as the bridge.
5. Cover the walls with our vinyl wall background and add a rope for the drawbridge.
6. Connect the 4 wall panels together with heavy-duty packing tape applied at each corner.
7. Attach the bridge/door panel to the cutout wall panel with the jute cording or thin rope.
8. To finish the look, cut out a coat of arms from a foam sheet, decorate with a pennant banner then just add your imagination!



You are a real Princess—not a pretend princess. God has chosen you to be His Princess.

God loves you so very much, and He wants to talk to you every day through His Word, the Bible.

Someday, you will meet God in heaven, but until then, never forget that you are His special Princess. He has created you just the way He wanted you to be. You don't need a crown to be His Princess. He has given you things only you can do, a smile only you can smile, and He will use you to help others learn that they are Princesses, too.

You will always be a Princess, no matter how big you grow. And God will always love you and take care of you.

Princess Tea Theme Song

sung to the tune "Jesus Loves Me"

Jesus calls me His princess
He made me the very best
He designed me perfectly
For His special plan for me.

Yes, Jesus loves me!
Yes, Jesus loves me!
Yes, Jesus loves me!
He calls me His princess!



Dear Princess,

You are precious to Me in every way. I think about you all the time. Nothing is more important to Me than you. I want you to tuck this in your heart, "No matter how big you grow or where you go, you'll always be My princess and I'll always be your God. I will always love you, no matter what you do and I will never leave you.

You are very beautiful to me. I love the way I created you. When you look into the mirror, remember that I carefully chose the color of your eyes and the highlights of your hair. I designed the shape of your nose and your happy smile. There is no one in the world just like you.

I gave you a very special gift. It's something you can do very, very well. I planned it just for you. Your friends will have different gifts. That's okay. Remember you do not have to be just like them. I planned you to be you. And I love you!

Your Father in Heaven

Resources

Great books to use at the tea:

- ▶ [*Gigi, God's Little Princess*](#) by Sheila Walsh
- ▶ [*Gigi, God's Little Princess: The Purple Ponies*](#) by Sheila Walsh
- ▶ [*Gigi, God's Little Princess: The Pink Ballerina*](#) by Sheila Walsh
- ▶ [*Gigi, God's Little Princess: The Royal Tea Party*](#) by Sheila Walsh
- ▶ [*Do Princesses Wear Hiking Boots?*](#) by Carmela LaVigna Coyle, Mike Gordon and Carl Gordon
- ▶ [*Do Princesses Really Kiss Frogs?*](#) By Carmela LaVigna Coyle and Mike Gordon
- ▶ [*Do Princesses Scrape Their Knees?*](#) By Carmela LaVigna Coyle and Mike Gordon
- ▶ [*Do Princesses Have Best Friends Forever?*](#) By Carmela LaVigna Coyle, Mike Gordon and Carl Gordon
- ▶ [*His Little Princess: Love Letters from Your King*](#) by Sheri Rose Shepherd and Lisa Marie Browning
- ▶ [*I'd Be Your Princess*](#) by Kathryn O'Brien

Great place to order princess supplies:

- ▶ [Amazon.com](https://www.amazon.com)
- ▶ [Partycity.com](https://www.partycity.com)
- ▶ [Orientaltrading.com](https://www.orientaltrading.com)

TAMYRA HORST is just a daughter-in-awe™ of an incredible Father who desires to encourage, equip and challenge people to grow deeply and serve uniquely. She is the author of seven books including “A Woman of Worth” and “Praying Like Crazy for Your Kids.”

Her passion for people has led her to serve as the Women’s Ministries Director for the Pennsylvania Conference. She wrote the “Real” series of seminars for teen girls available at AdventSource. She is a popular inspirational speaker who has spoken at events across the United States and in Australia.

Tamyra loves to tell stories—especially of real people doing amazing things for God. She puts this love to use in her job as Communication Director for the Pennsylvania Conference, writing stories and producing videos of people making a difference in their communities.

She is a prayer warrior who believes in the power of prayer and that God does answer our prayers. Her passion for praying for her family led her to write “Praying Like Crazy for Your Kids” and “Praying Like Crazy for Your Husband” and is the reason she added Prayer Ministries Coordinator to her list of responsibilities at the Pennsylvania Conference.

While in awe of all the opportunities God has given her, Tamyra enjoys being a wife, mother of two amazing young men, and friend to some pretty incredible women most of all. When she’s not reading, working, or hanging out with family and friends, you’ll find her and her husband, Tim, hiking mountains somewhere.

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Tamyra is available to speak at women’s retreats, church events, and teen events. You can find her series for teen girl retreats, Real Beauty, Real Love, Real Friends, and Real You, at adventsource.org.

Other Resources by Tamyra Horst

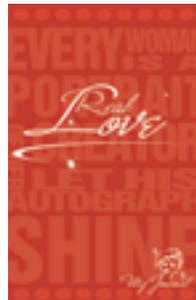
Help the teenage girls in your church live as the confident women God intended them to be by hosting a Real seminar. *Real Love* will help teenage girls discover that God loves them and desires the very best for their relationships. *Real Me* will lead teens through learning that God created them as a unique person, unlike anyone else on earth, and He loves them very much. Through *Real Beauty* teens will find self-esteem through living as the beautiful women

God created them to be. *Real Friends* will guide teens in learning how to be a good friend, recognize the traits of a good friend, and become friends with God.

Each leader's guide includes step-by-step instructions, a complete leader's script, a PowerPoint presentation and sample participant's journal on CD, sample schedules, activities, ideas for decorations and giveaways, recommended resources, and more.



Real Love Leader's Guide with CD
\$14.95



Participant Journal (Pack of 10)
\$9.95



Real Beauty Leader's Guide with CD
\$14.95



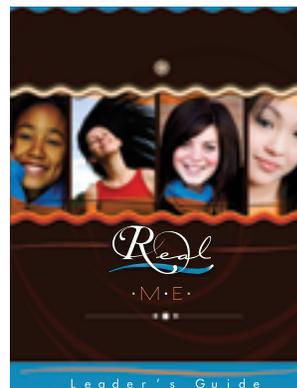
Participant Journal (Pack of 10)
\$9.95



Real Friends Leader's Guide with CD
\$14.95



Participant Journal (Pack of 10)
\$9.95



Real Me Leader's Guide with CD
\$14.95



Participant Journal (Pack of 10)
\$9.95

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