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# MONSTERS UNIVERSITY

# SPOOKY SMOOTHIES!

Halloween fun for family and friends!

## SULLY'S BOO-BERRY SCARE

### YOU WILL NEED

1/2 cup of blueberries  
1 small banana

1/2 cup of ice  
6 ounces of filtered water

### DIRECTIONS

1. In a blender, blend the blueberries and small banana with the ice and filtered water until smooth.
2. Divide into four glasses and serve.

## MIKE'S GREEN MANGO MUCK



### YOU WILL NEED

1/2 cup mango  
1/2 cup pineapple  
3 leaves of green kale (stems removed)  
1/2 cup of ice  
6 ounces of coconut milk

### DIRECTIONS

1. Put mango, pineapple, kale, ice and coconut milk into a blender. Blend on high until smooth.
2. Pour smoothie into serving glasses. Place candy eyes and pineapple triangles on top.

## ART'S PURPLE ODDNESS



### YOU WILL NEED

1/2 cup dragon fruit, peeled  
5 large strawberries  
1 small banana, peeled  
1/2 cup of ice  
6 ounces of filtered water

### DIRECTIONS

1. Put dragon fruit, strawberries, banana, ice and filtered water into a blender. Blend on high for 30 seconds or until smooth.
2. Divide into four glasses and serve.

## TERRI & TERRY'S OJ CARROT CREAM



### YOU WILL NEED

2 carrots  
1/2 cup vanilla coconut creamer  
1/2 cup orange juice  
1 cup of ice

### DIRECTIONS

1. Put ingredients into a blender. Blend on high until smooth.

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# Monstrous DIFFERENCES!

Monstrous Spot The Difference COMPETITION!

There are 32 differences in this MONSTROUS Monsters University spot the differences puzzle. Go head to head with your partner to see who can spot the most differences in 5 minutes. Ready. Set. GO!



ANSWERS: 1-James P. "Sulley" Sullivan's jacket letter upside down (Blue monster front-center). 2-James P. "Sulley" Sullivan's smile. 3-James P. "Sulley" Sullivan's button. 4-Mike Wazowski's smile (Green monster front-center). 5-Mike Wazowski's book color. 6-Archie the Scare Pig changed clothing (Orange, six-legged monster front-center). 7-Archie the Scare Pig changed position. 8-Art added another arm band (Purple monster left-front). 9-Don Carlton's mouth closed (Blue shirt monster left-front). 10-Scott "Squishy" Squibbles arm (Blue MU shirt monster right-front). 11-Scott "Squishy" Squibbles hat. 12-Ms. Squibbles hair roller (Floral shirt monster right-front). 13-Ms. Squibbles dress color. 14-Randall "Randy" Bogg's glasses color (Purple monster right-front). 15-Randall "Randy" Bogg's sweater color. 16-Reggie Jacobs two upper fangs (Green monster left-center). 17-Dirk Pratt is missing a tooth (Yellow monster left-center). 18-Terri & Terry Perry eye half closed (Yellow monster right-center). 19-Terri & Terry Perry arm lowered. 20-Rosie Levin's glasses (Gray monster right-center). 21-Rosie Levin's mouth position. 22-PNK changed position (Pink monsters left-center). 23-Johnny Worthington's sweater letter missing (Purple monster right-center). 24-Javier Rios sweater liner color. (Blue monster with antenna's left-rear). 25-Dabbie Gabler moved (Turquoise one-eyed monster left-rear). 26-Nadya Petrov moved (Purple monster left-rear). 27-George Sanderson's flag missing (Orange monster right-rear). 28-Roy "Big Red" O'Growlshan wearing foam hand (Red monster left-rear). 29-Chip enters the scene (Orange and yellow flying monster right-rear). 30-Background sidewalk missing. 31-Dorm window missing. 32-Tree added at base of dorm.



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# IN THE HOUSE!

Which monster belongs to which MU House?

Match each monster with their sorority or fraternity house by writing the number that represents each monster in indicated area below each house! (hint - each monster name is written below each house logo)

## OK

**OOZMA  
KAPPA**

Don Carlton, Terri & Terry Perry, Mike Wazowski, Scott "Squishy" Squibbles, James P. "Sulley" Sullivan, Art

## PNK

**PYTHON  
NU  
KAPPA**

Taylor Holbrook, Carrie Williams, Heather Olson, Naomi Jackson, Crystal Du Bois, Britney Davis

## EEK

**SLUGMA  
SLUGMA  
KAPPA**

Donna Soohoo, Debbie Gabler, Maria Garcia, Carla Delgado, Brynn Larson, Violet Steslicki

## ROR

**ROAR  
OMEGA  
ROAR**

Javier Rios, Chet Alexander, Johnny Worthington, Reggie Jacobs, Tandall "Randy" Boggs, Chip

## JOX

**JAWS  
THETA  
CHI**

Baboso Goretega, Percy Boleslaw, Roy "Big Red" O'Growlahan, George Sanderson, Dirk Pratt

## HSS

**ETA  
HISS  
HISS**

Rhonda Boyd, Nadya Petrov, Rosie Levin, Nancy Kim, Susan Jensen, Sonia Lewis



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# MONSTERIZE YOUR SNEAKERS

Make cool “monster-ized” sneakers!

## You Will Need:

- White/Green Canvas Sneakers - With/Without Shoe Laces • Masking Tape • Glue Gun • Pencil • Paint Brushes • Googly Eyes • Fun Fur
- Green and Blue • White Craft Foam • Fabric Paint - White, Black, Green • Liquid Gilding - Gold and Green • Water Base Sealer, Glue and Finish - Matte

## Prepare:

Set-up your work area in a well-ventilated location. Remove shoe laces from each shoe. Cover the rubber areas of each shoe with masking tape.

## Directions:

1. **Coloring Your Shoes** - Either begin with a pair of brightly colored canvas shoes or you can paint a base coat of fabric paint (gold, green or blue) on the shoe's canvas. For a more metallic look, try painting your shoes with a light coat of liquid gilding, repeat two times. Let dry. Finish with a thin coat of water base sealer, glue and finish-matte to protect from discoloration. Let dry.
2. **To Add Googly Eyes** - Use your glue gun to add googly eyes to the top and sides of your shoes.
3. **To Create A Painted Eye** - Draw a large eye on your shoe with a pencil, it can be as large as you like, you can draw one or several. Paint the inside of the lines with white paint and outline with black paint.
4. **To Add White Foam Teeth** - Have an adult help cut out white craft foam teeth in any shape you choose. Use your glue gun to carefully attach them to the front of your shoes.
5. **To Create Painted Teeth** - Draw two triangular teeth below the eye with a pencil. Paint the inside of the lines with white paint and outline with black paint.
6. **Make Them Furry** - Add a small amount of fun fur to the tongue of your shoes or add a small stripe down the back.

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# TAILGATE RECIPES!

Delicious Food to go!

## Sullivan Family's Hair Raising Turkey Chili

### INGREDIENTS:

- |  |  |  |                                      |
|--|--|--|--------------------------------------|
| 1½ Pound ground turkey   | 8 Ounce crushed tomato, canned with juices     | 1 Tablespoon ground coriander (toasted)                        | 1 Tablespoon Salt or to taste        |
| 1 Tablespoon chopped garlic                                    | 2 Tablespoons tomato paste                     | 1 Tablespoon ground cumin (toasted)                            | 1 Teaspoon fresh ground black pepper |
| 2 Yellow onions, small diced                                   | 8 Ounce dark red kidney beans, canned, drained | 2 Cups cooked quinoa (recipe follows)                          |                                      |
| 4 Tablespoon vegetable oil                                     | 2 Tablespoons dark chili powder (toasted)      | 3 Dashes favorite hot sauce; we prefer Cholula for this recipe |                                      |
| 16 Ounce chicken stock (water or cold beer can be substituted) | 1/2 Cup chopped scallions                      |  |                                      |

**Garnish Options:** Sour Cream, Shredded Cheddar, Scallions, Avocado  
**Yield:** Serves 6

### DIRECTIONS: ADULT SUPERVISION REQUIRED

- 1) Heat a wide, shallow pot over medium high heat with 2 Tablespoon vegetable oil.
- 2) Add ground turkey. Cook until browned and cooked through. Strain any fat (if necessary) and set aside to crumble when cooled.
- 3) In the same pot over medium flame, heat 2 Tablespoon vegetable oil. Sauté onions until translucent, about 3 minutes. Then add garlic and cook one minute more. Add the crushed tomato, tomato paste and chicken stock (or water). Bring to a gentle boil and reduce to a simmer.
- 4) While the above is cooking, toast the spices, crumble the turkey and cook the quinoa.
- 5) To the simmering pot add kidney beans, ground turkey, Toasted Spices, Hot Sauce and Quinoa.
- 6) Simmer gently for an additional 10 minutes.
- 7) Finish with scallions and adjust seasoning if necessary.
- 8) Serve in a warm bowl and garnish to your liking.

### Toasting Spices:

Heat the dark chili powder, coriander and cumin in a small sauté pan over medium heat. Stir constantly until the spices become aromatic and a faint amount of smoke appears. Remove from heat.

### Crumbling the ground turkey:

Once slightly cooled this can be achieved by hand. Using a potato masher or pulsing in a food processor is also helpful.

### Basic Quinoa Recipe:

This light and protein rich grain may be prepared quickly and easily with this basic method.

Cooking proportions: 2 cups water:1 cup quinoa

- 1) Place quinoa and water in a 1-½ quart saucepan and bring to a boil. Reduce to a simmer, cover and cook until all the water is absorbed (about 15 minutes). You will know that the quinoa is done when all the grains have turned from white to transparent, and the spiral-like germ has separated. Makes 3 cups.

**Tip:** This recipe also makes a healthy filling for tacos or a burrito

## P.N.K. Lemonade



### INGREDIENTS:

- 1 cup Lemon juice, fresh
- 1 cup Fresh strawberries, organic (washed, hulled)
- ½ cup Sugar, pure cane
- 4 cup Water
- Pinch Salt
- 2 Sprigs mint
- 3 cups ice

### DIRECTIONS:

#### ADULT SUPERVISION REQUIRED

- 1) In a blender, add lemon juice, strawberries, water & pinch of salt. Blend for 30 seconds.
- 2) Divide ice between 4 tall glasses & pour in P.N.K. lemonade and garnish with mint.

**Yield:** Serves 4

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## TAILGATE RECIPES!

Delicious Food to go!



### Squishy's Seven Layer Dip

#### INGREDIENTS:

- |                               |                            |                                 |
|-------------------------------|----------------------------|---------------------------------|
| 1 Can of refried beans        | 1/2 Cup of sour cream      | 3 Stalks of green onion, sliced |
| 1 Can of black beans, drained | 1/2 Avocado, cubed         | Cilantro, to garnish            |
| 1 Packet of taco seasoning    | 1/2 Large tomato, cubed    |                                 |
|                               | 1/2 Cup of shredded cheese |                                 |

#### DIRECTIONS: ADULT SUPERVISION REQUIRED

- 1) Open the can of refried beans and scoop into a medium serving bowl, then add half the packet of taco seasoning, stir together, and microwave on high for one minute.
- 2) Drain the black beans and scoop into another bowl, then add the other half of the taco seasoning, stir together and microwave on high for one minute.
- 3) Let each bowl of beans cool; cut up avocado, tomato, and onion while waiting.
- 4) Scoop the refried beans onto a plate and top with the black beans.
- 5) Layer the sour cream onto the black beans. Add a layer of avocado, tomato, and onion. Don't forget the last layer of shredded cheese! Garnish with cilantro.
- 6) Serve with chips and watch MU beat Fear Tech!

*Yield: Serves 4-6*

# ROR

## Raging Wings

#### INGREDIENTS:

##### Raging Wings Sauce

- |  |                                   |
|--|-----------------------------------|
| 8 Tablespoons Louisiana hot sauce          | 1/8 Teaspoon garlic powder        |
| 8 Tablespoons unsalted butter or margarine | 1/2 Teaspoon Worcestershire sauce |
| 1 1/2 Tablespoons white vinegar            | Salt to taste                     |
| 1/4 Teaspoon cayenne pepper                |                                   |

##### Raging Wings

- Vegetable oil  
Salt and pepper to taste



#### DIRECTIONS:

##### Preparation For Wings Sauce: Makes 1 Cup Wing Sauce

- 1) Mix all the ingredients in a saucepan and over low heat, bring to a simmer, stirring occasionally, and then turn off. Set aside.

##### Preparation For Raging Wings: Yield: Serves 4-6

- 1) Heat grill to high.
- 2) Toss wings in a few tablespoons of oil and season with salt and pepper.

- 3) Place on the grill in single layers and grill until cooked through and a winning golden brown on both sides (about 4-5 minute per side).
- 4) After the wings are cooked, transfer to a large, monster-sized mixing bowl. Pour the sauce over the wings and toss with a spoon or spatula to completely coat.
- 5) Share with fellow Scarers while rooting for your team – GO MU!

*Yield: Serves 4*

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# OK GIANT JIGSAW PUZZLE!

Print all of the attached pages on thick paper or card stock. Have an adult help you cut out each puzzle piece, then glue them together on a large poster board and let dry. After assembling the poster, hang it on your wall!



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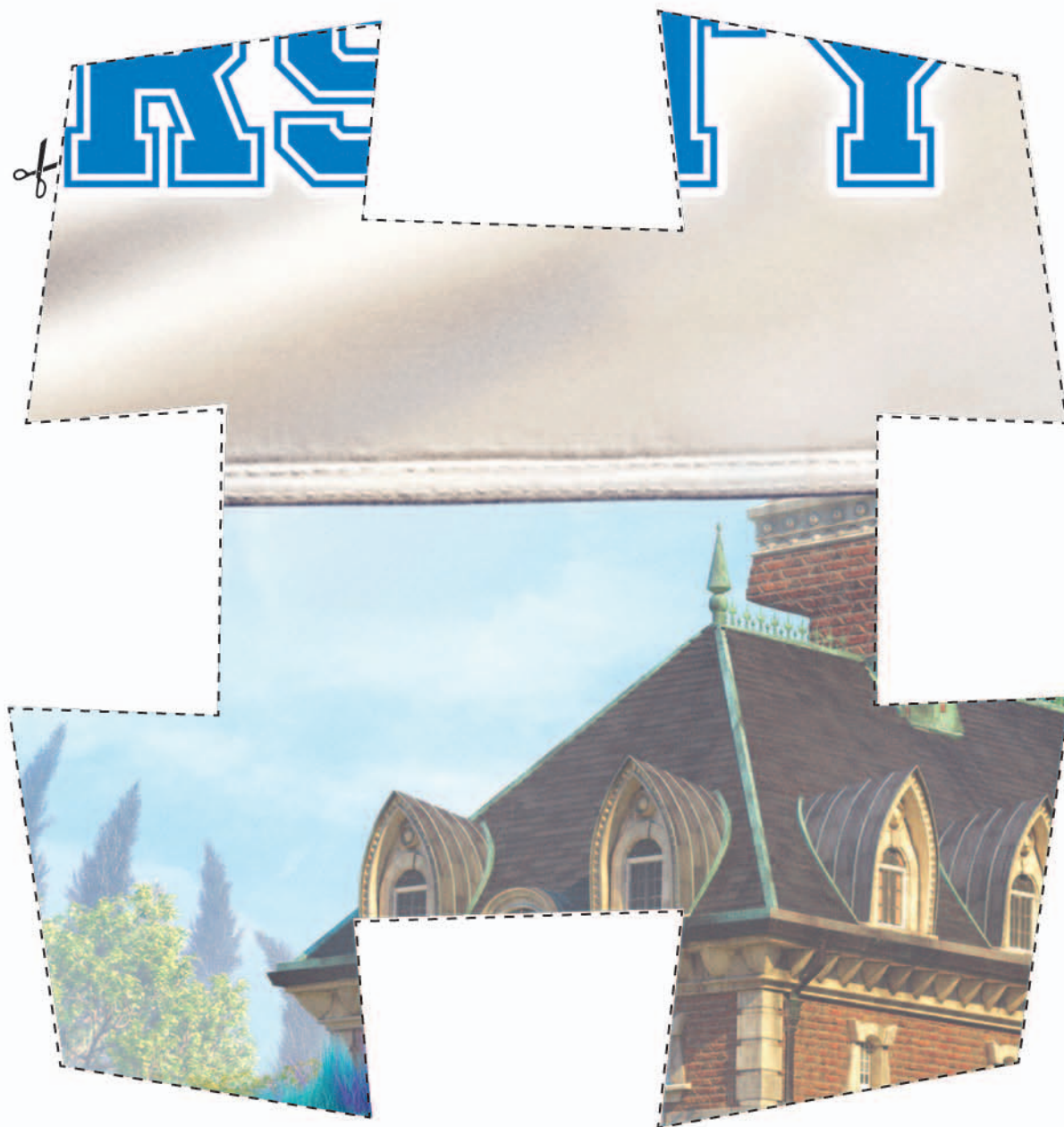


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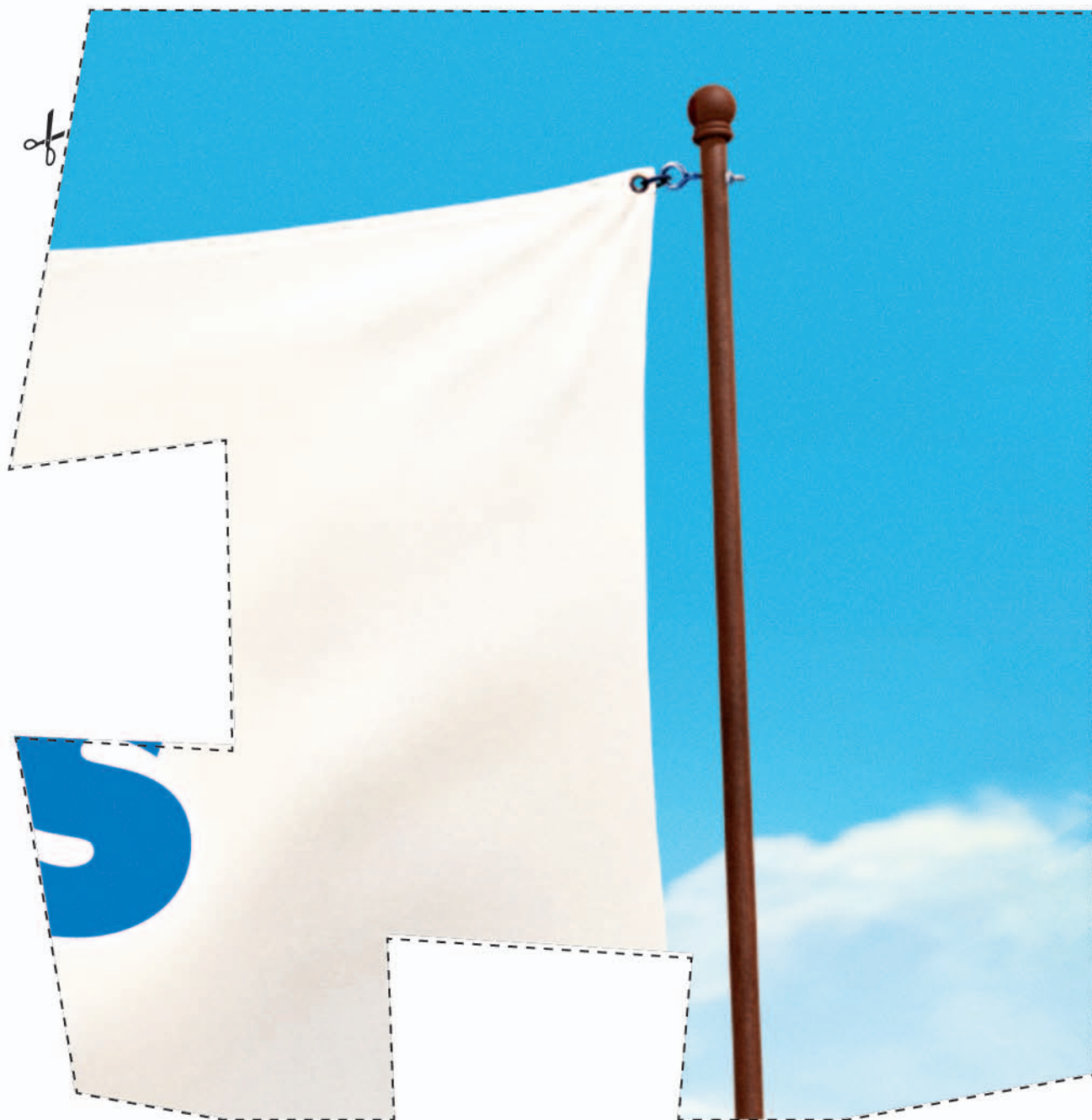


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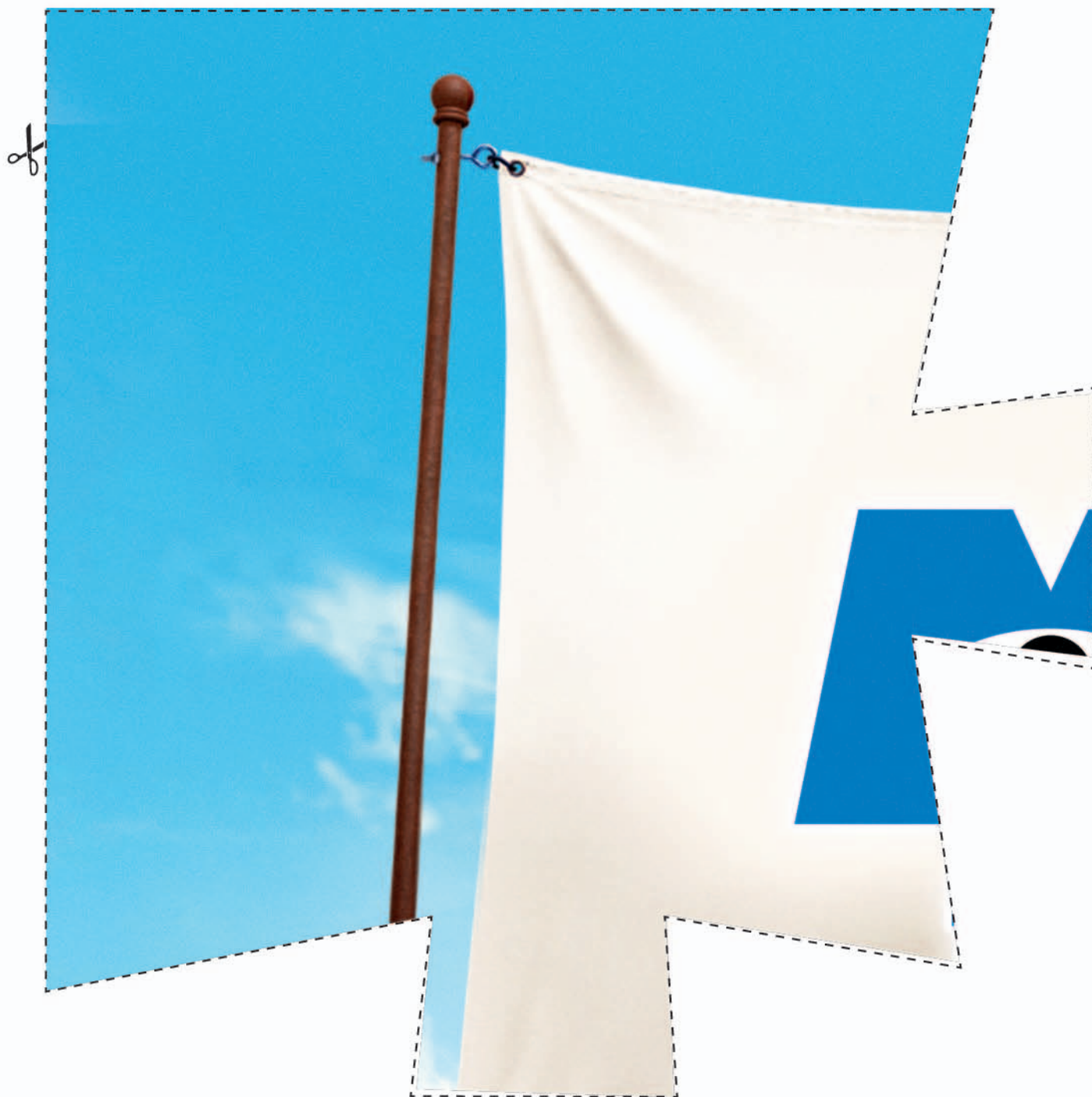
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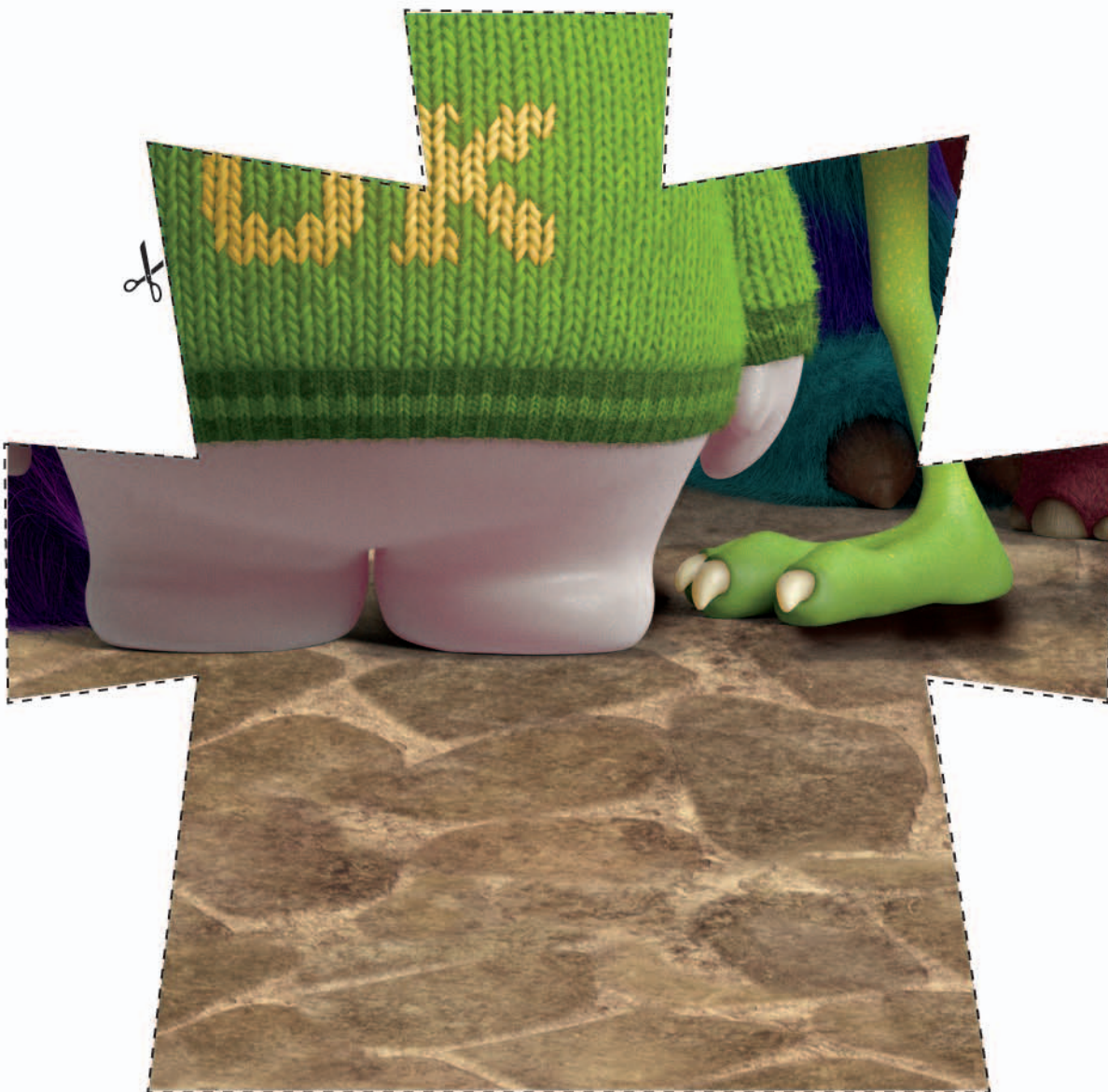


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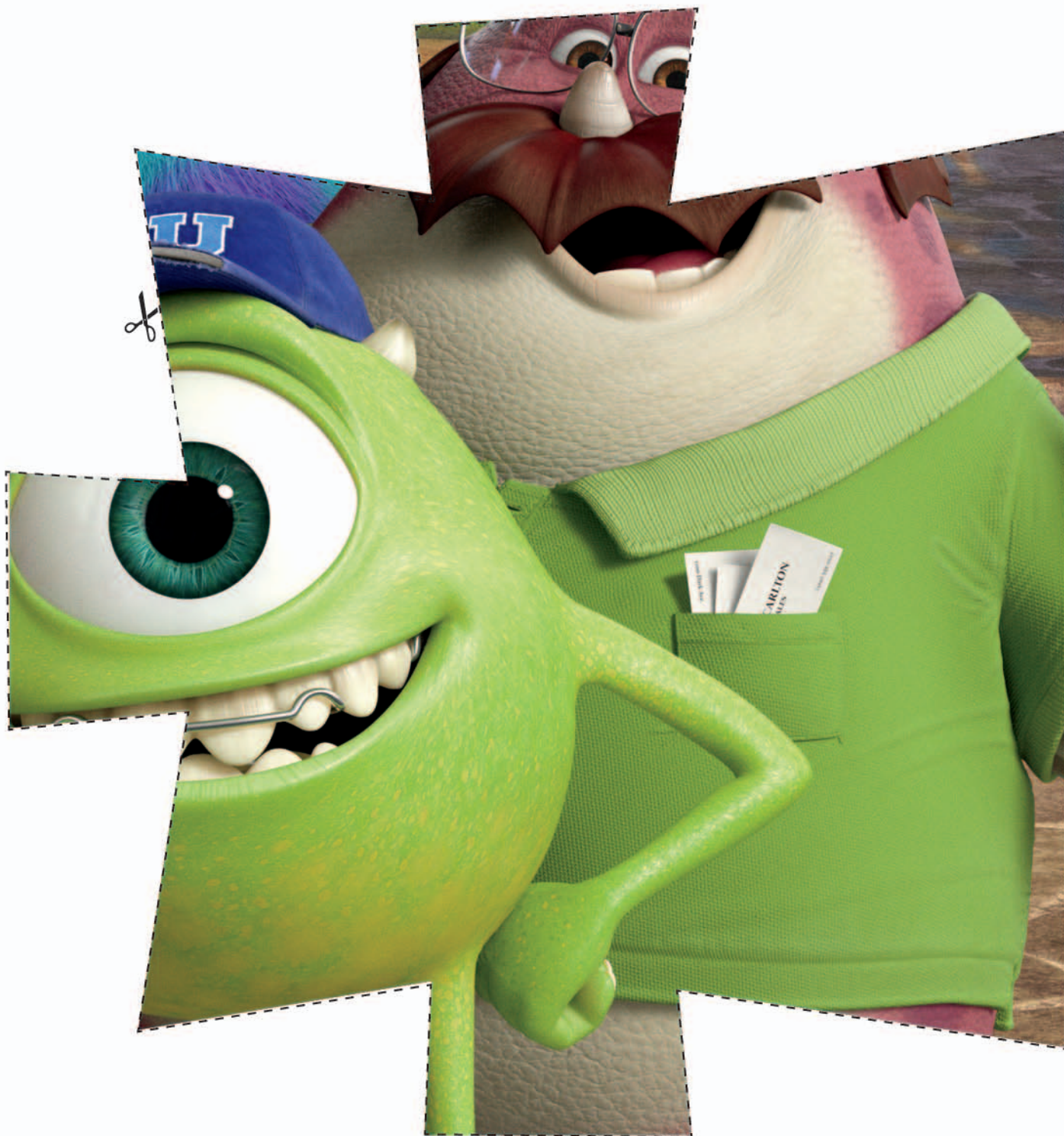
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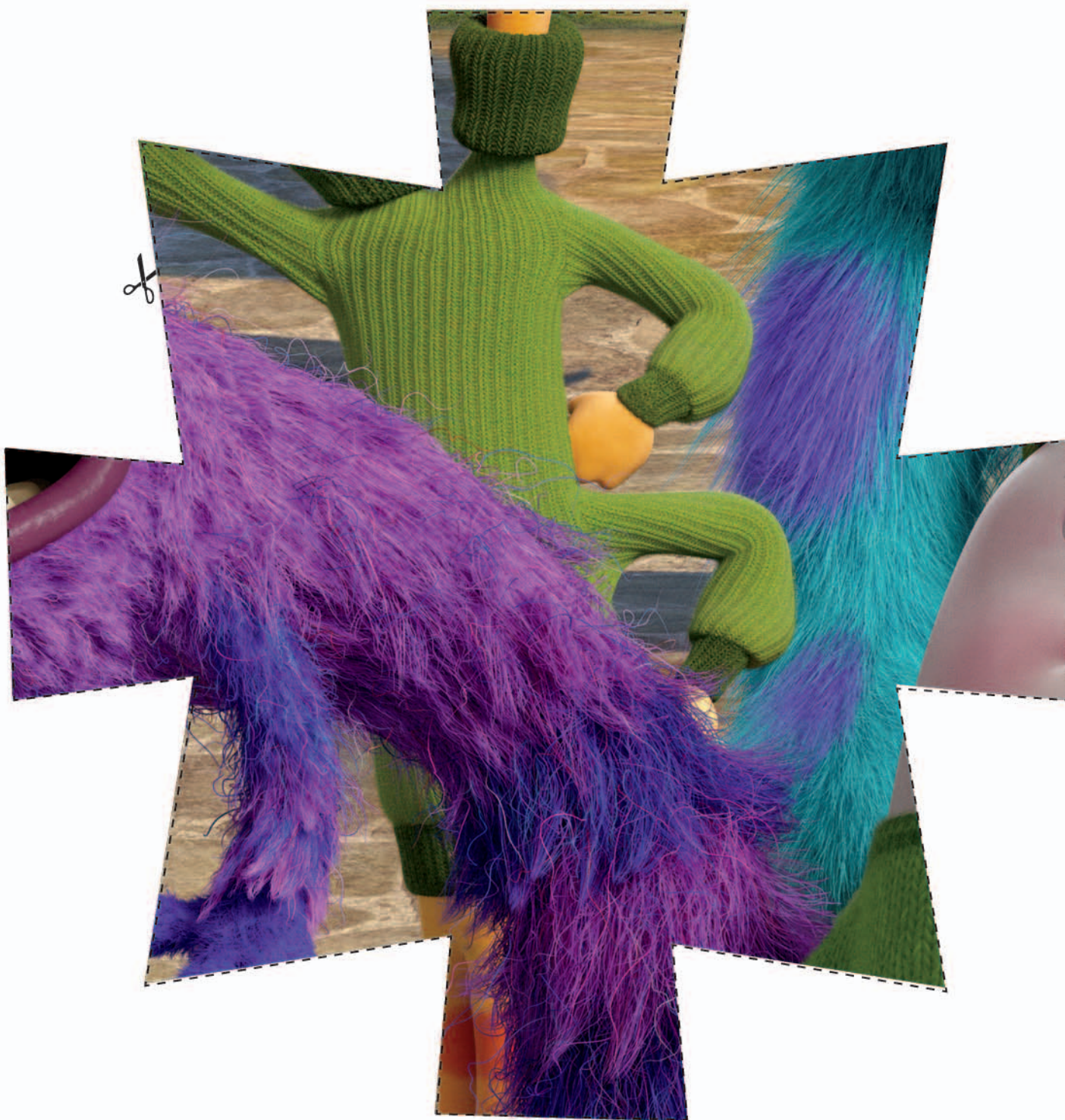
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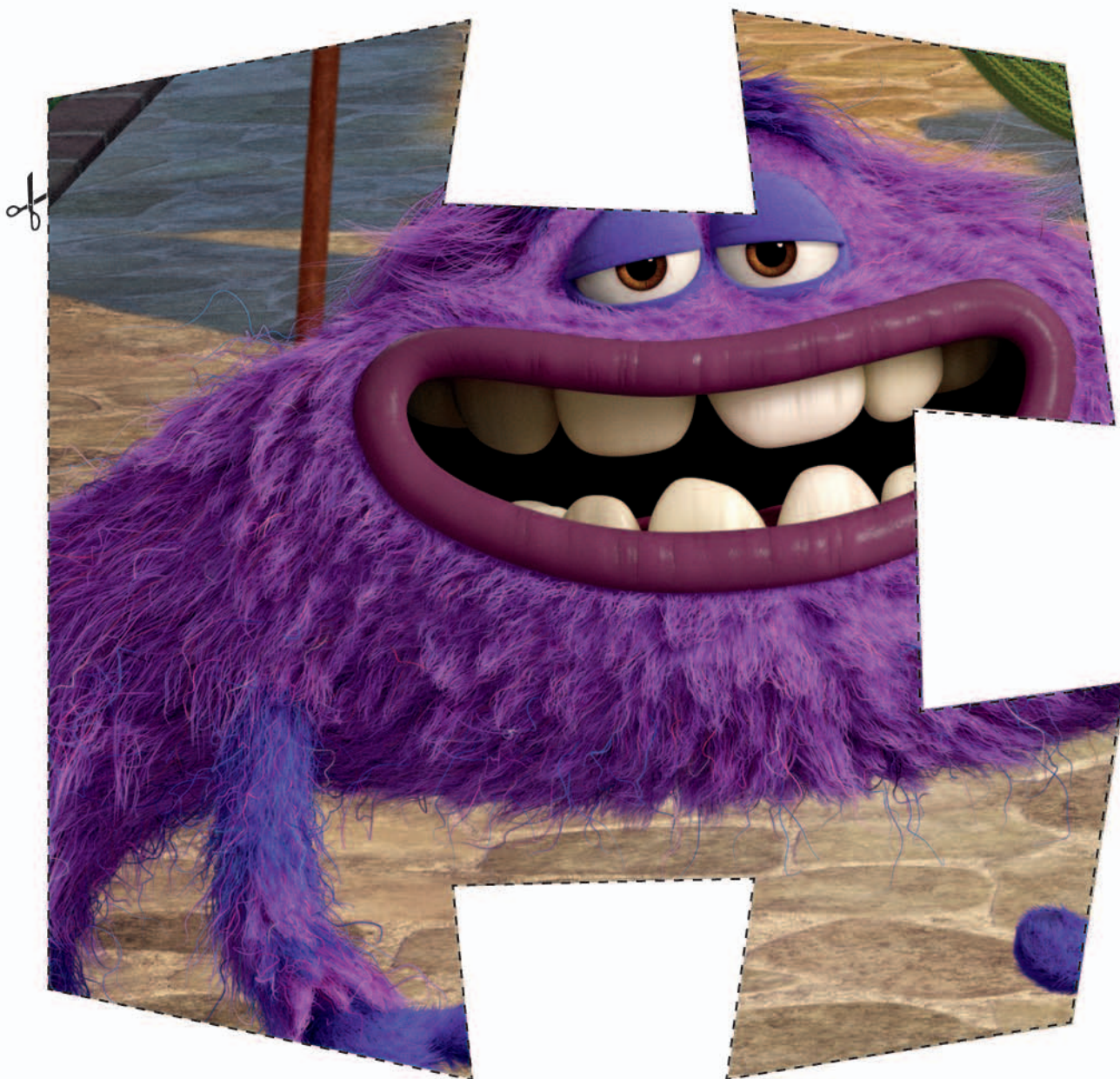
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# CANDY TOTES

Create these Fun Trick or Treat candy totes for your Halloween haunt!

**YOU WILL NEED:**

*For Sulley* - Light Blue, Medium Blue, White, Black, Lavender Felt  
Hot Glue Gun | Scissors.

*For Mike* - Green, Blue, White and Black Felt  
Hot Glue Gun | Scissors.



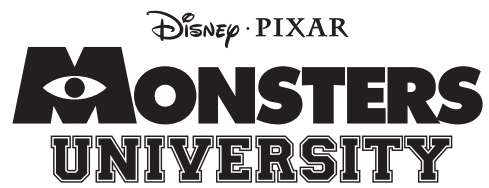
**HOW TO MAKE YOUR CANDY TOTE:**

*Have an adult supervise and help out.*

- 1 Print out the templates on the following pages.
- 2 Use the printed templates to cut out each shape of colored felt you will need. Felt colors indicated for each shape on the template.
- 3 Layer your felt to look like the pictures shown.
- 4 Secure felt in place using hot glue.

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Use this template to construct your  
**Mike Halloween Bag!**

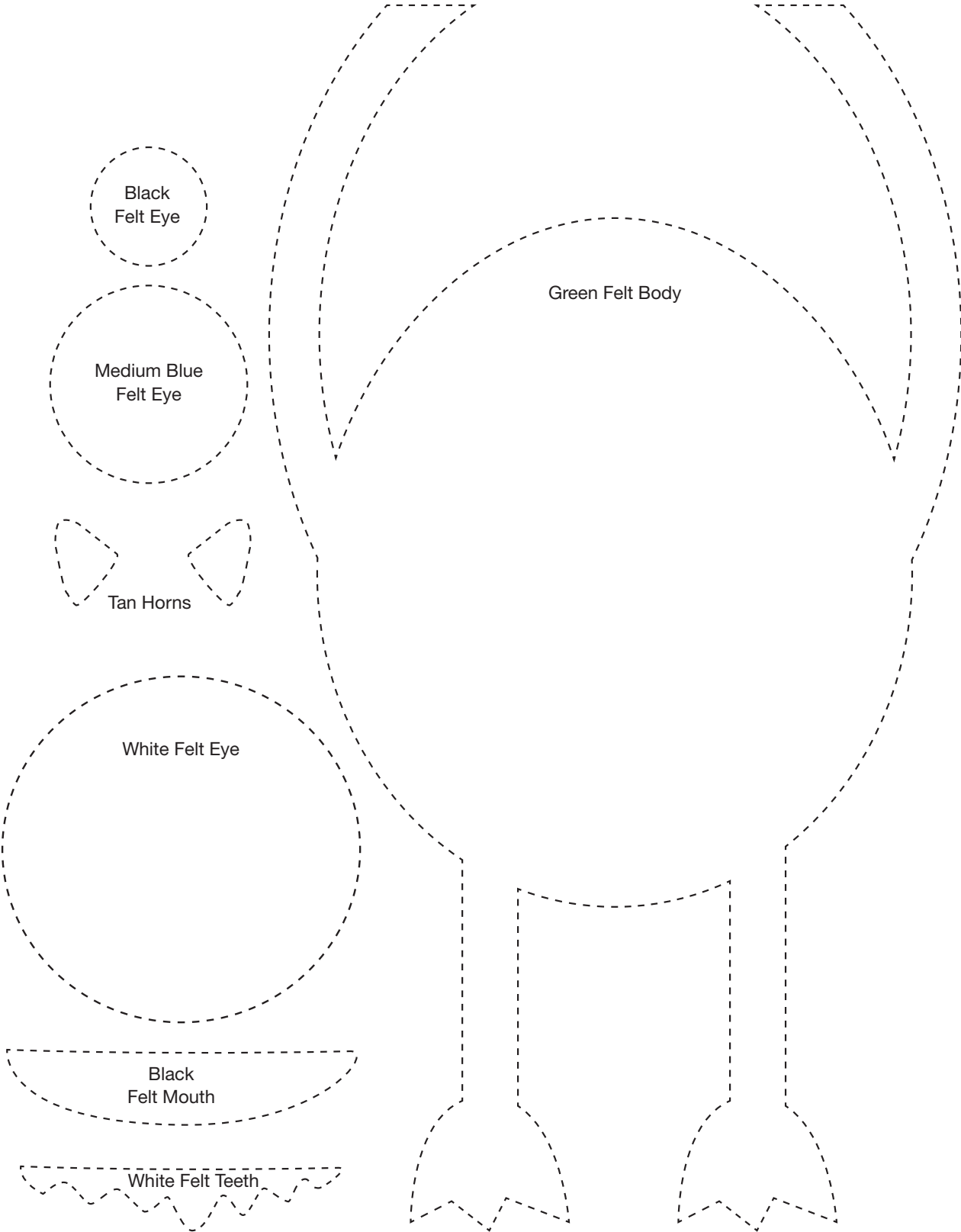
8.5" x 11" Felt Bag  
Black Felt Front  
Orange Felt Back  
Handle Cutout



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Use this template to construct your  
**Mike Halloween Bag!**



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# MONSTERS UNIVERSITY

Use this template to construct your  
**Sully Halloween Bag!**

Blue Felt Face  
+  
Black Felt Back



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# MONSTERS UNIVERSITY

Use this template to construct your  
**Sully Halloween Bag!**

Light Blue Felt Eye Brows (make two)

Black  
Felt  
Eye

Light Blue Felt Nose

Medium  
Blue Felt  
Eye

White Felt Eye

White Felt Horns (make two)

Bottom White Felt Teeth

Top White Felt Teeth

Black Felt Mouth

Lavender Bag  
Handle

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Make magnificent  
monster silhouettes  
to decorate your  
windows and doors  
this Halloween!

## WINDOW DECORATIONS

### You Will Need:

- A pack of black construction paper
- Scissors • Clear tape

### Making Window Decorations:

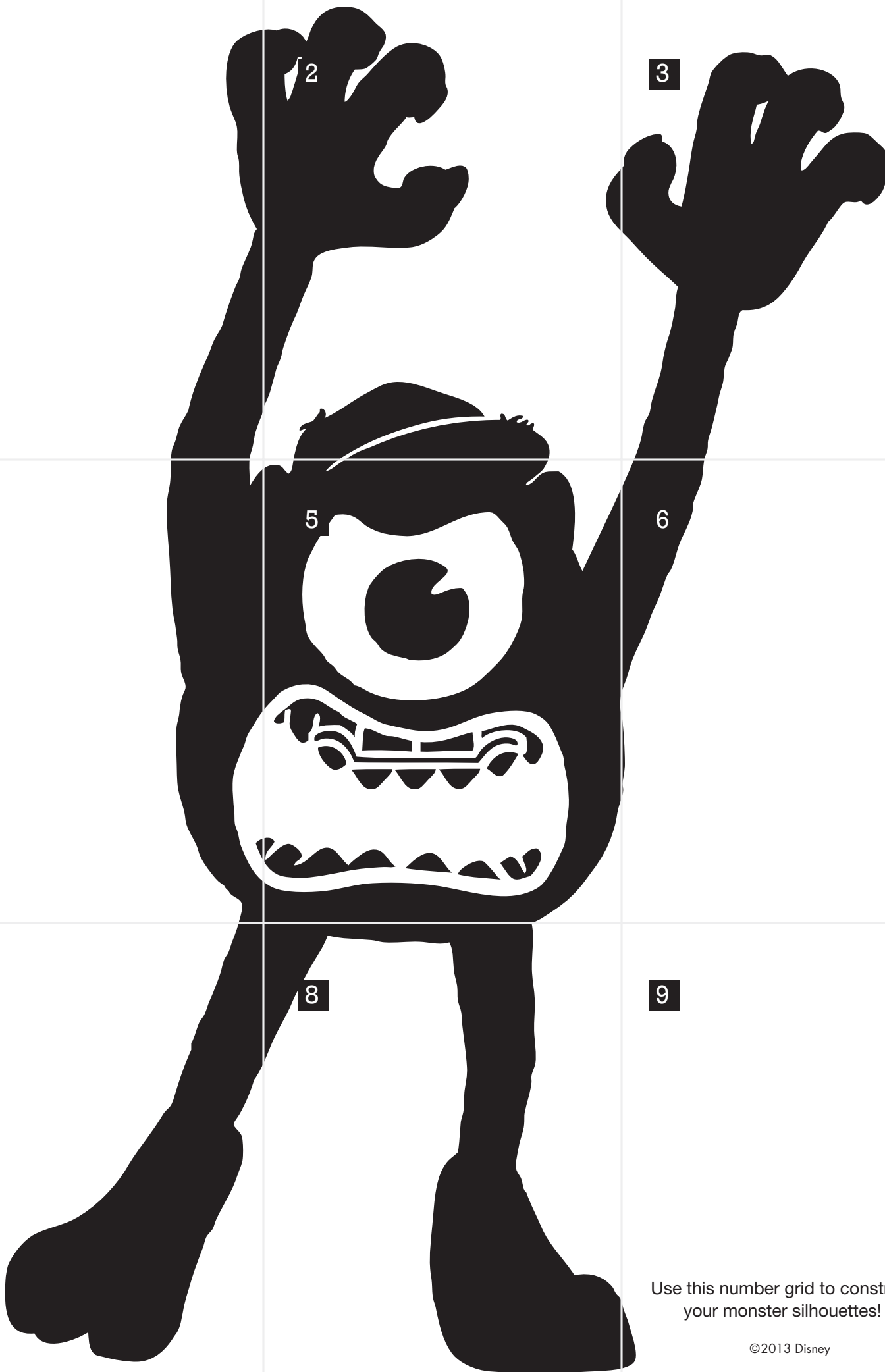
1. Print out all of the pages in this window decorating pack.
2. Lay each page over a piece of black construction paper. Have an adult help you cut along the black edges of the silhouettes.
3. Follow the numbered instruction grid to align the pieces, then tape them together to make a giant monster silhouette.
4. Tape each monster silhouette to your window or door. Cut off the edges of the images to fit.



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Use this number grid to construct  
your monster silhouettes!





























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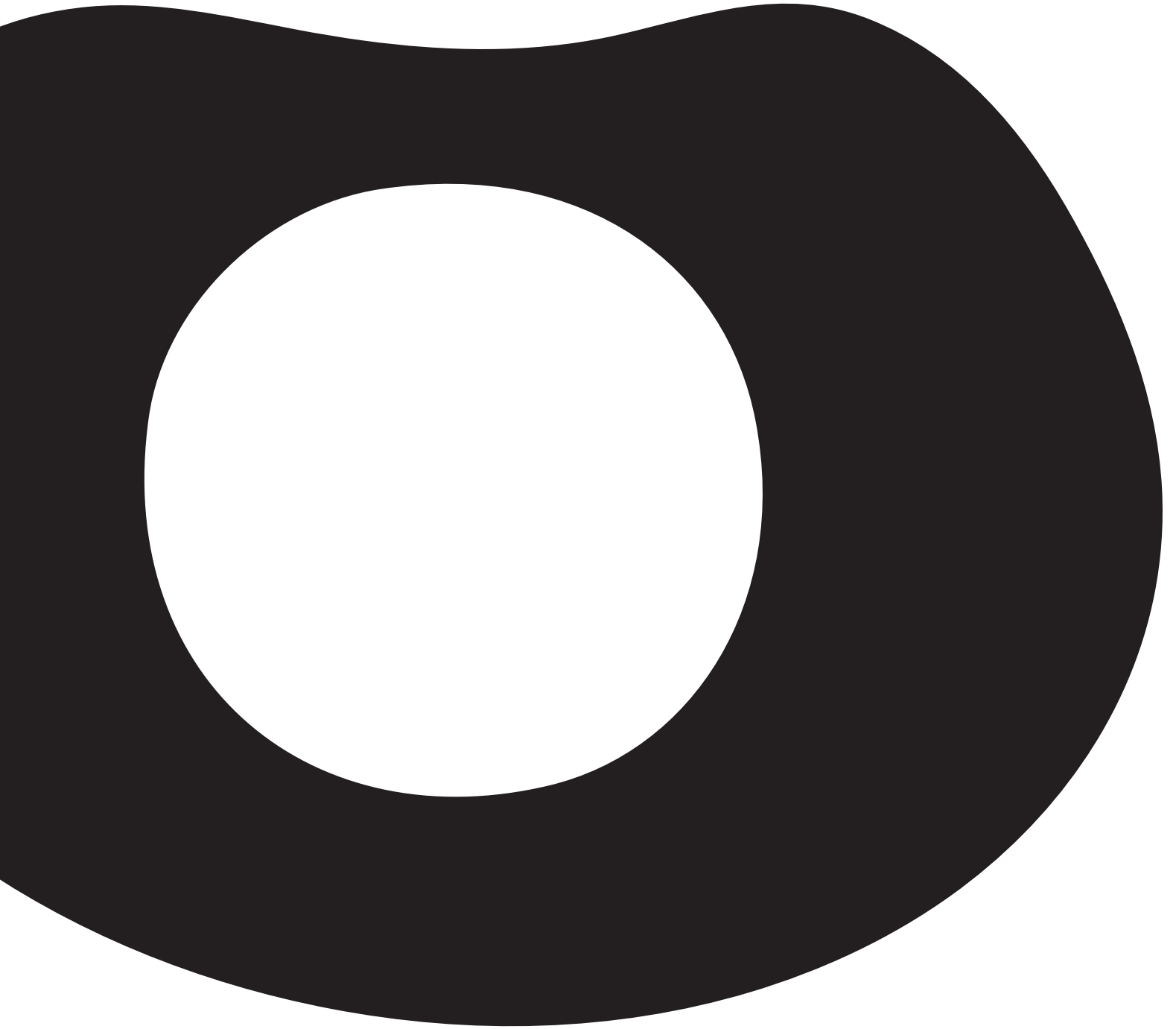
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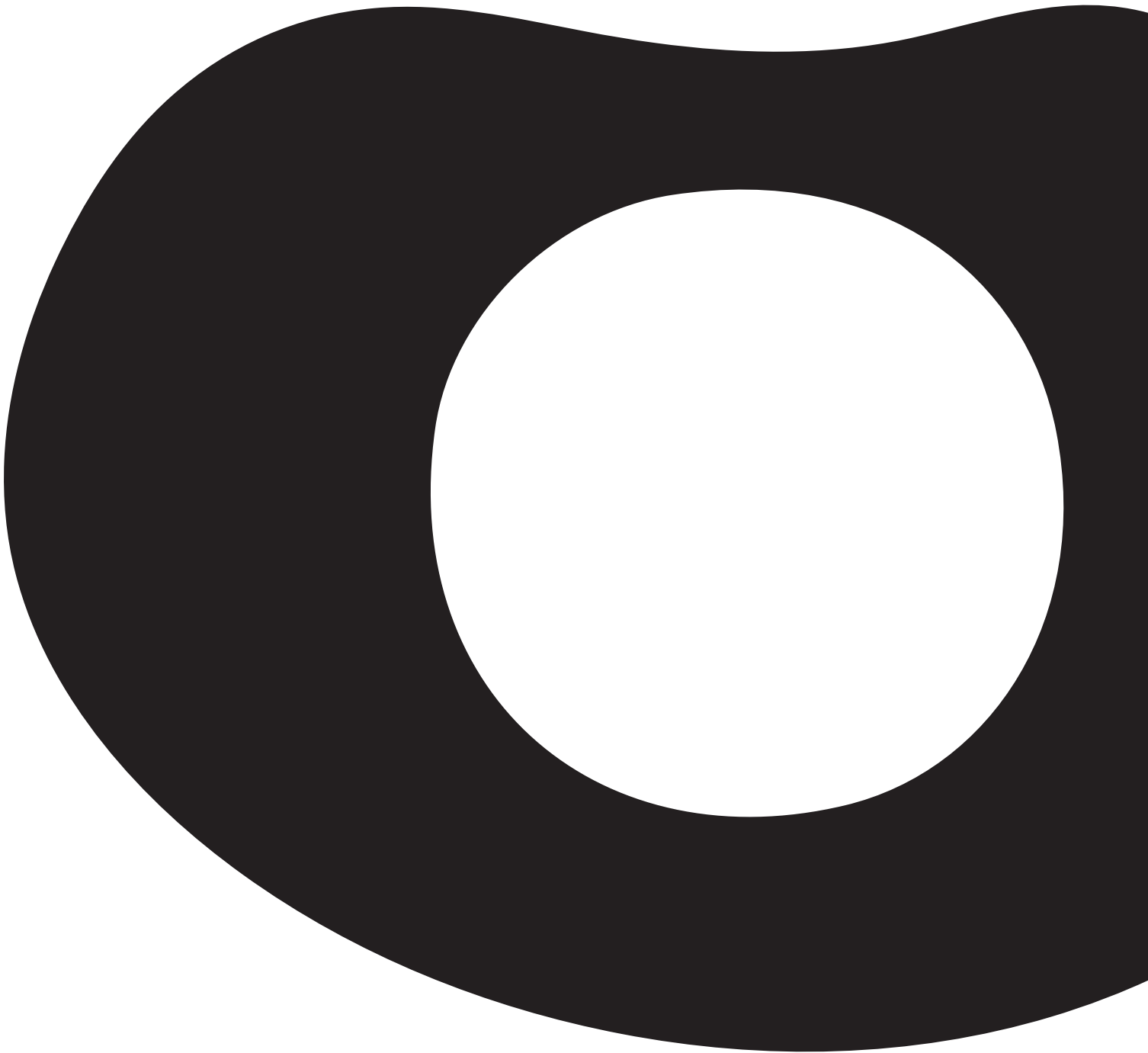
Use this number  
grid to construct  
your monster  
silhouettes!









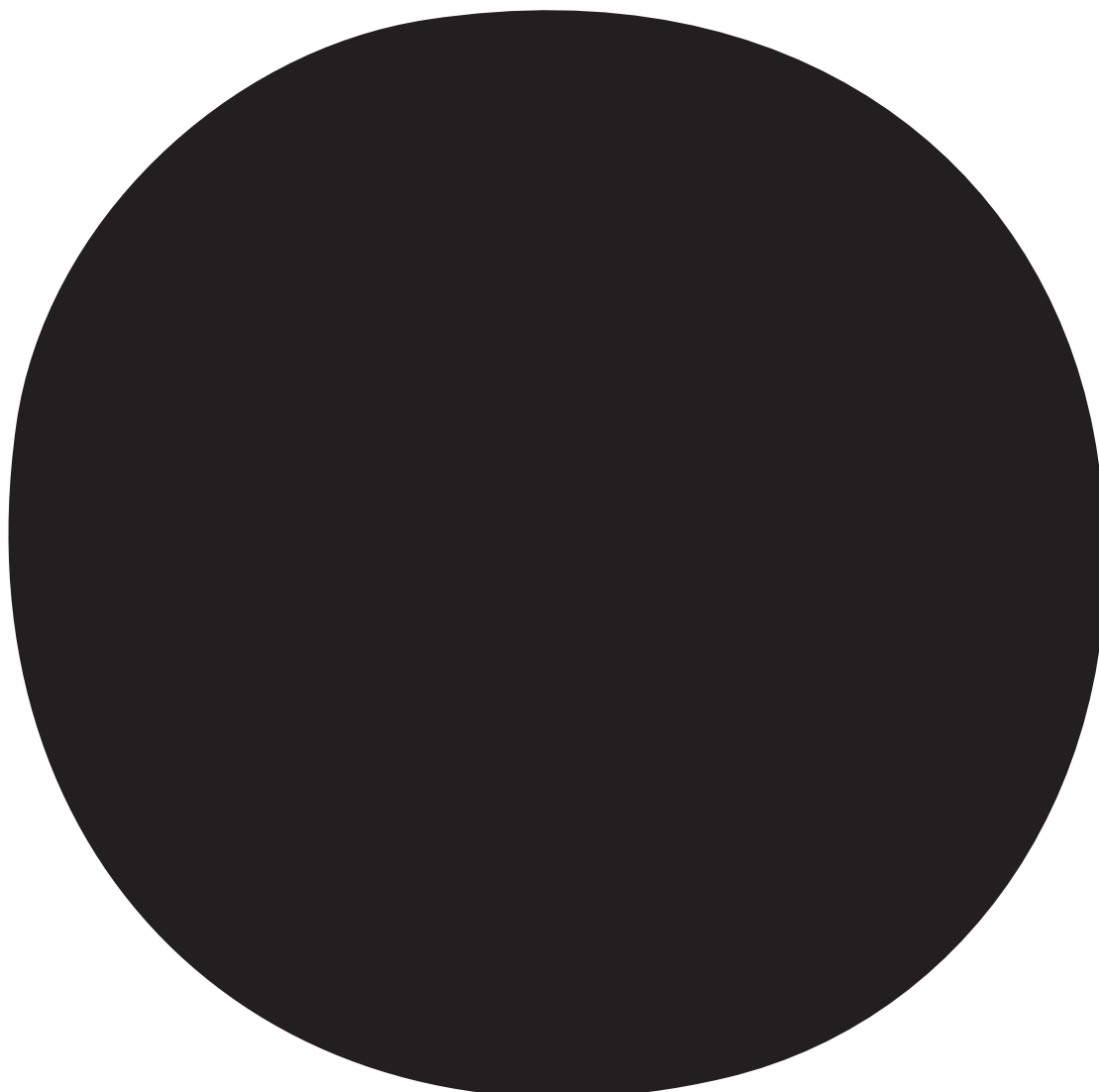






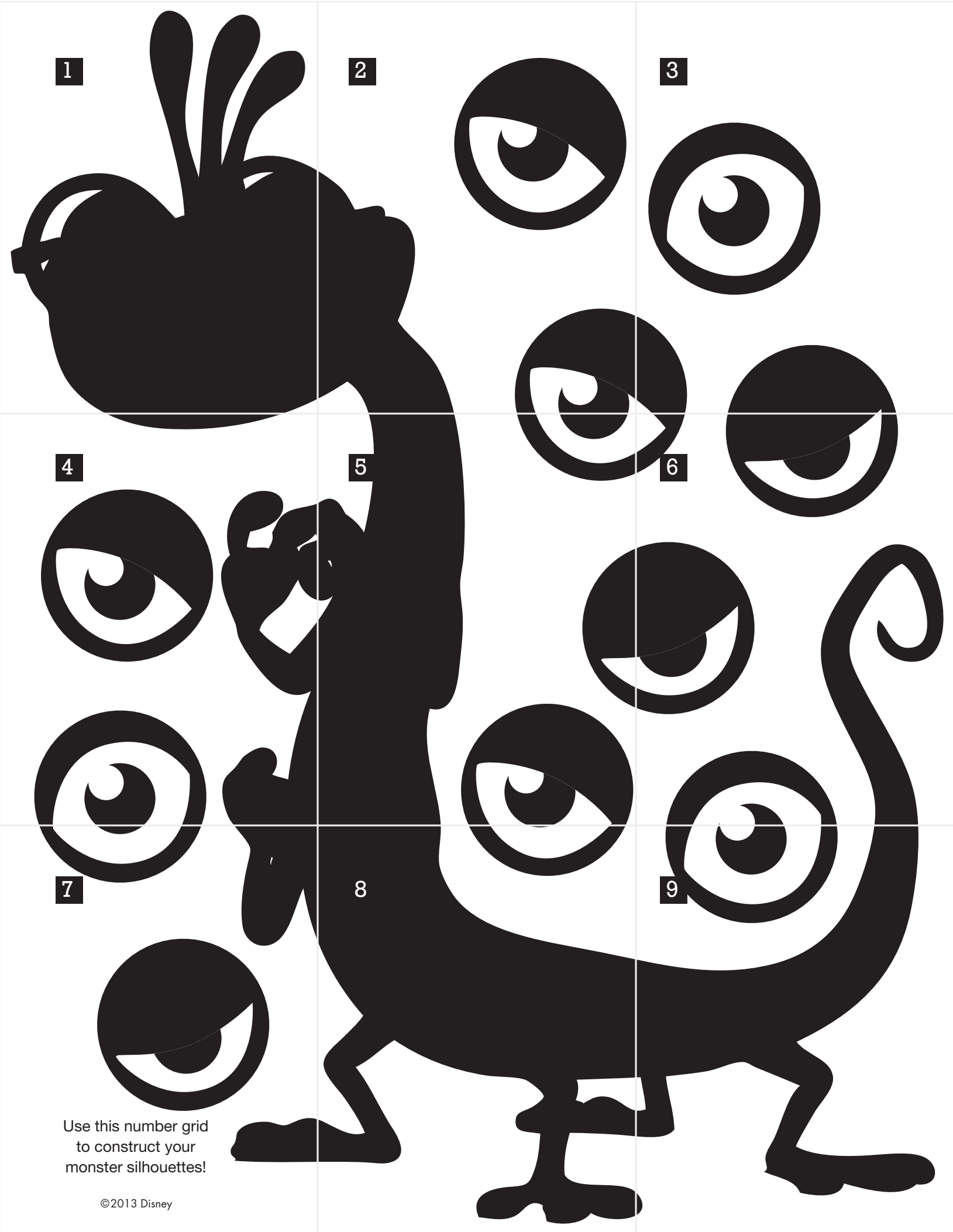












Use this number grid  
to construct your  
monster silhouettes!















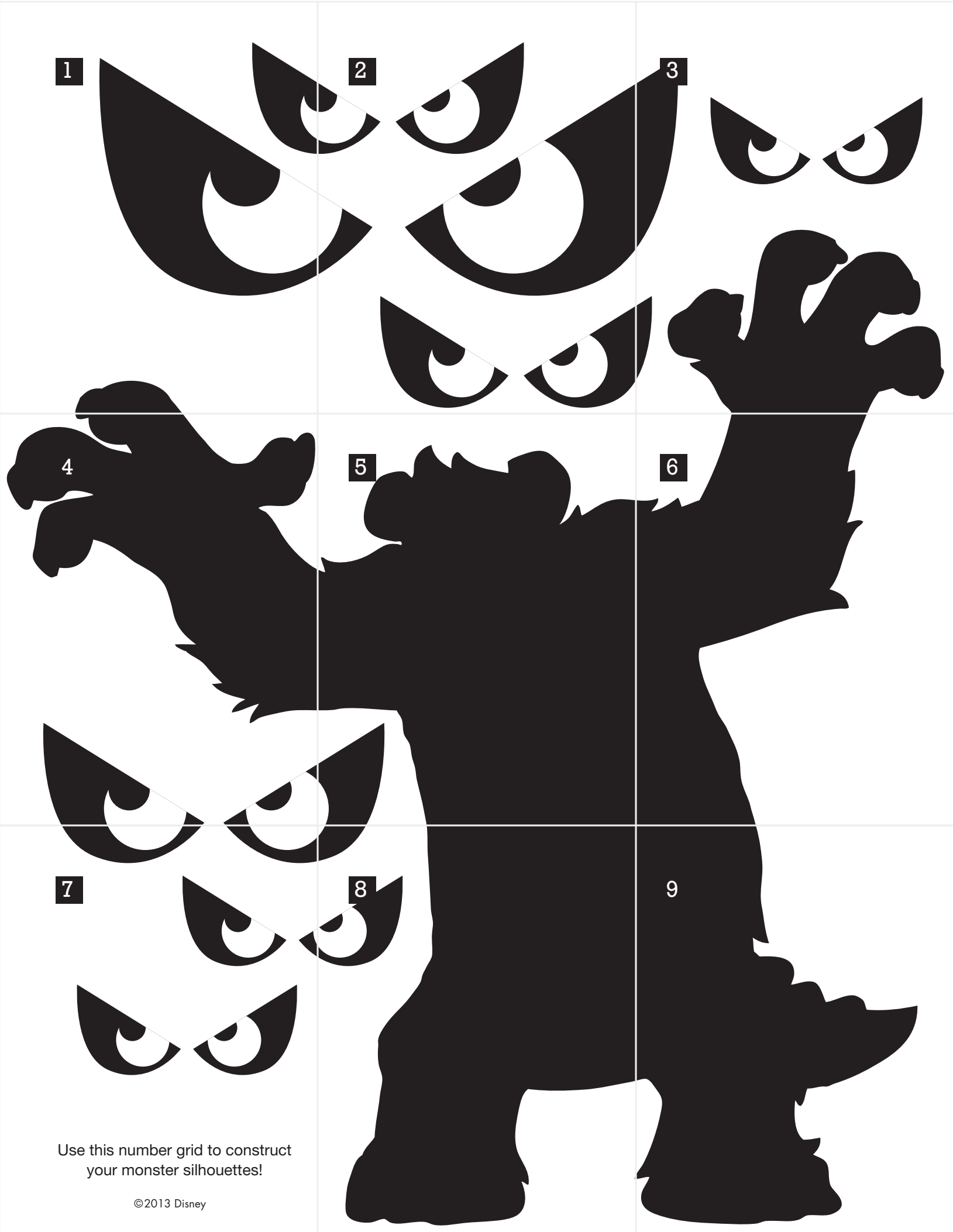












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9

Use this number grid to construct  
your monster silhouettes!





















