

Trinity Family Film Guide

(For use by Families or in Small School/Church Groups)

Coco: The Future of Our Past

With the help of Coco, we will be exploring our family histories, the good and the less than good. After doing so, we will turn our attention to our future as a family and as individuals, armed with new understanding of the good things we have inherited from generations gone before.

Duration: 2-3 hours with activities. Can be split into multiple segments as needed.

Materials Needed: A pair of shoes per person, pictures of family both alive and dead, Mexican-themed food

Recommended Movie Snack or Meal: Enjoy a Mexican-themed snack or meal with the second intermission activity. See instructions there.

View it with a Twist (optional): Consider decorating for a Mexican Fiesta or if sharing this as family, setting up your own family “shrine,” with pictures and memorabilia of your familial ancestors.

Note to Parents/Adults about Film Guides:

Movies are a great way to relax and spend time together as a family/group. With a little intentionality, we can make them a special place of connection and growth, as well as a joyful viewing experience. Every Family Film Guide focuses on one theme and seeks to walk adults through engaging their family/group in a growth experience around that theme. For some families/groups, these conversations might seem scary and even awkward, but take courage knowing you are setting the norm of connection and a learning heart in each of your children. If your kids seem too young or too “cool” to participate in some of these things, then at least let them see you participating. They will catch on or warm up. Also, make sure not to underestimate them. Give them plenty of opportunity to participate.

Parental Warning for *Coco*: (Discretion Encouraged Before Showing to Young Children)

Coco is about the “Day of the Dead,” which provides lots of opportunities for skeletal, at times frighteningly skeletal, characters. It also produces a central theme of death which should be addressed openly if viewing this movie with children.

Before Starting:

Make sure you have read through the entire guide before starting the movie. Gather your supplies and your courage before starting. If you feel rushed going into it, slow down and just pick one or two activities to do. Then just enjoy the movie. It is better to do something well than to stress or rush through the whole thing. Plan further ahead for the next one if necessary, but **don’t forget to enjoy this special time with your kids!**

Pre-Movie Exercise:

Introduction: As adults, introduce the movie (with whatever disclaimer you might want to make for potential scary scenes) with the theme of “The Future of our Past.”

Share: Have everyone share something they are most thankful for about their family.

Just for Fun: Shoe Search

Step 1: Have everyone take a pair of their shoes and place them in a jumbled pile in the center of the room.

Step 2: Have everyone close their eyes or wear a blindfold, if this is possible.

Step 3: Have everyone carefully, without seeing, pick two random shoes from the pile.

Step 4: Once everyone has two shoes, the challenge is to get each shoe to its rightful owner without anyone opening their eyes. Do this by touch, description, and trying them on. Once everyone believes they have the correct shoes, open your eyes and see if you were successful.

First Intermission:

(15 minutes, 54 seconds—after Miguel’s family invites him to become a shoemaker, before the dog starts eating the shrine food.)

Share: Understanding Our Families

Introduction: The practice of remembering and honoring ancestors, as displayed in this film, is beautiful. We will take time throughout this film to share stories and reflect upon the people who make up our family, living and dead.

If this guide is being used in a school/church group, you will need to ask children to bring family pictures of their families and ancestors ahead of time.

Step 1: Share pictures and stories of family. Feel free to make this as in depth as possible. Our families need to know their history.

Step 2: Miguel’s family says to be a Rivera is to be a shoemaker. Either working together as a family, or giving everyone an opportunity to share about their own family, pick one word or phrase which describes what it means to be a part of your family.

Second Intermission:

(53 minutes, 8 seconds—after Miguel finishes his performance with Hector)

Activity: Fiesta with Personal Cry—(Goal): Enjoy food together and share unique contribution

Instructions: Miguel performed for the celebrating crowd his personalized version of his grandfather’s song. He adds his own special cry/scream during the middle of the song. We are going to celebrate with a Mexican snack/meal and allow everyone to share their own cry.

Step 1: Prepare a Mexican snack/meal for your family/group to share. This can be done beforehand or as a shared activity now. If preparing now, it should be picked out and ingredients available prior to showing of video. ***Prep needed***

Step 2: Before, during, or after the snack/meal, create space for every member of the family/group to share what their unique personal cry would sound like. It could be a shouted word or a unique sound like Miguel’s shriek. It should be something which fits their unique personality.

Step 3: Feast and Fiesta!

Third Intermission:

(1 hour, 15 minutes, 15 seconds—after Miguel and Hector realize their connection.)

Share: Celebrate Family Connections

Introduction: Miguel finds out Hector is the musical grandfather he has been looking for and looking up to all along. What is more, he is a grandfather who he can be proud of for his relational love as well.

Step 1: Have each individual share about a member of their extended family they admire, and at least one characteristic of that family member they want to carry on in their own lives.

(i.e. – I admire my Grandma, and I want to carry on her generosity and her baking skills.)

Step 2: Now have everyone share something about the same person which they want to improve upon in their own lives. This isn't an insult to this person. It is our privilege and responsibility to take what prior generations give us and make it even better!

(i.e. – I love my Grandma, and I honor her, but I notice she is always stressed about company. I want to be able to relax when my grandkids come over, even as I bake for and host them as excellently as her.)

Post-Movie Exercise:

Activate: In Their Footsteps

Introduction: Miguel gets to play music for his Grandma Coco just like his Grandpa Hector used to. He also gets to carry the musical tradition forward for the rest of the family. In this activate, we will have the opportunity to acknowledge and practice one of the great gifts our ancestors gave us.

Step 1: Have every member of the family/group pick one ancestral family member who had/has a specific gift/way they loved people, which this member would like to carry forward in their own life. It could be the same as that from the third intermission exercise or something new.

(i.e. Great Uncle's singing, Great Grandma's story-telling, or Great-Great Grandpa's sauerkraut recipe.)

If child isn't involved with distant biological relations, other relationships can be utilized.

Step 2: Plan another day when every member of the family/group will share their own love for everyone else by practicing this inherited act. Make it another fiesta or a show-and-tell type event, whatever fits your needs.

Step 3: Smile lots while you enjoy your planned activity.

Family/Group Statement:

Step 1: Say the following out loud as an entire group:

We want to receive the best our families have to offer us and improve upon their legacy for coming generations.

Step 2: Thank yourself (from us) for making your family/group movie time "A Trinity Family" movie time!

Created by: Andrew Wiens and A Trinity Family

A Trinity Family is here to help you make the most of your moments and to seize the days you have to influence children.

Check us out at atrinityfamily.org

