

Trinity Family Film Guide
(For use by Families or in Small School/Church Groups)

Rise of the Guardians: Finding our Center

With the help of Rise of the Guardians, we will be discussing both what makes us human and what makes us the unique individual only we can be. Families/groups will have the opportunity to identify and encourage the unique components of each member of the family/group and will commit together to help each other grow up, without growing out of their childhood.

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

Materials Needed: Paper and writing utensils for every group member, Blank Russian Nesting Dolls if desired, snack for second intermission activity.

Recommended Movie Snack or Meal: Snack will be served with second intermission activity. See preparation instructions there. ***Preparation required for this activity.***

View it with a Twist (optional): Consider viewing this film outside, or if weather won't allow, build a fort somewhere to house the entire family/group for the movie.

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 *Rise of the Guardians*: (Discretion Strongly Encouraged Before Showing to Young Children)

Though this is one of my favorite films, and perhaps the film I would most recommend to all parents and influencers of children, it is not necessarily friendly for all children themselves. The entire movie is staged around the battle with Pitch Black (AKA: the Boogie Man) and his nightmare army. There are many dark and potentially frightening scenes, though the overall theme is very encouraging with light defeating darkness, children overcoming fear, etc. Use discretion in showing this film to young 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 “Finding our Center.”

Share: The main characters of this movie are Santa Clause, The Easter Bunny, The Tooth Fairy, Sandman, and Jack Frost.

Discuss the question—If you could be one of these characters for one day, who would you be and why? Have each member of the group share. (If some people don’t know who some of these characters are, share the stories.)

Just for Fun: Animal Cacophony

Step 1: Have each member of the group pick an animal they really appreciate.

Step 2: On the count of three have everyone make the noise of their chosen animal as loud as they can. Pretending to be the animal makes it even better. It doesn’t need to be stationary. Time one minute, and have everyone make their ridiculous noises all together for the full time. Afterwards, settle back down and start the movie.

First Intermission:

(27 minutes—after Santa’s speech to Jack Frost about his center)

Share: What is Your Center?

Instructions: Santa attempts to help Jack find his “center.” We now have the opportunity to do the same. Give every family/group member a piece of paper and writing utensil. If they can’t write you may have to write for them.

Step 1: Choose someone to go first as the receiver, and then take turns having everyone else share one word they would choose as this individual’s center, i.e. joy, loyalty, laughter etc. In order to help this person more, repeats should be discouraged.

Step 2: While others are sharing words for them, the receiver should be writing them down on their paper. They can add one of their own if desired.

Step 3: Repeat the process until everyone in the group has their own list.

Second Intermission:

(51 minutes, 35 seconds—after quote below and discovery of a girl in the Easter Bunny’s warren)

Activity: Snack Hunt—(Goal): Time Spent Together and Childhood Fun ***PREP NEEDED***

Introduction: Jack asks the other guardians, “When was the last time you guys actually hung out with kids?” Santa replies, “We are very busy bringing joy to children, we don’t have time for children.” Sometimes we are so busy being a family/group we forget to take the time just to hang out. Now’s a good time.

Step 1: Select a snack which can be hidden or which would fit in plastic eggs (or something else to hide, like a bowl to be filled with popcorn). If food, it should be a snack you are alright with people eating now. ***You will need to do whatever preparation/hiding necessary before the film showing.***

Step 2: Tell group members which spaces items are hidden in, and then release everyone to search and gather.

Step 3: Reconnect in your viewing area and take 5-10 minutes to simply enjoy the snack and each other.

Third Intermission:

(1 hour, 16 minutes—after Jack’s flashback and his declaration, “That’s My Center”)

Discovery: Finding Your Center

Introduction: Jack realizes, as he hears Jamie’s fear and remembers the game he used to save his sister, that fun is his center. We may not all have one clear center we can say is the core of our existence, but it is important to understand the wonderful gifts and characteristics we carry into the world and continue to uncover and discover them like Jack needed to do. This exercise will help all of us understand and identify these things more easily.

Step 1: Have each member of the family/group work with the list of words they received from others earlier. They should pick the four or five words which they resonate with the most. (With young children, this is a great time to help with vocabulary.)

Step 2: Once the top handful have been selected, the next step is to rank them, not necessarily in order of importance, but in order of centrality to who we are. For a visual, consider buying Russian Nesting Dolls for everyone or simply have them draw circles within each other on paper like a target. Write the most central characteristic on the center circle or doll, and so on. Depending on the age and temperament of participants this can be a long, artistic process, or a rather quick selection.

Step 3: Have each member share with the rest their top words and the one they chose as their center.

Post-Movie Exercise:

Activate: Center Piece

Introduction: Food is such a fantastic way to celebrate. Moving forward after this film, we are going to activate each family/group member’s center by celebrating it with food.

Step 1: Depending on your family/group setting and your capacity to cook, instruct each member to take some time and select a specific food, dish, or restaurant (give options you are comfortable with) which represents their chosen “center.”

Step 2: Report these back to the group and make a plan in the coming weeks to enjoy a meal/snack time to celebrate each individual’s center. This could be one grand feast with everyone’s selected food. It could be several different eating occasions over a course of weeks, each time representing and celebrating one individual. Make it conducive to your needs. The only rule is that everyone must be present, sharing in food together, and everyone and their “center” must be specifically celebrated in the eating.

Step 3: Smile lots and let this meal be a starting place as you seek to guard the precious “center” of every individual.

Family/Group Statement: Guardian Vow

Step 1: Joining the Guardians, say the following out loud as an entire group:

*We vow to watch over the children of the world.
To guard them with our lives, their hopes, their wishes, and their dreams.
For they are that we have, all that we are, and all that we will ever be.*

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

