

Trinity Family Film Guide

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

Sing:

Dreaming Past Fear

With the help of Sing, we will be exploring the pursuit of our dreams and the fears which so often prevent us from entering that pursuit! Families/Groups will have the opportunity to share and encourage the deepest dreams of each others' hearts, as well as move towards owning their communal dreams.

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

Materials Needed: Popcorn for snack, Christmas lights if desired,

Recommended Movie Snack or Meal: Popcorn and a movie is a classic, but makes lots of sense with a theater-based movie.

View it with a Twist (optional): Consider getting out some Christmas lights, or other unusual lighting, and decorate the viewing area with them. Turn off all normal lights, and enjoy a “remodeled theater” viewing experience, which will help make memories last.

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 *Sing*: (Suitable for All Ages)

Sing is a film I have watched successfully with young children. There are some angry bears in the film who are after a mouse character. These bears tend to frighten but are not a central part of the film, and with open conversation create a nice opportunity for family discussion with young children about anger, cheating etc. Don't be afraid to pause the movie, if children seem frightened, to discuss before resuming.

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 “Dreaming Past Fear.”

Share: Have everyone share the moment in their life they are most proud of.

Just for Fun: Pick a song everyone knows (even Happy Birthday) and position yourselves as though you were performing it for an audience. Providing everyone with imaginary instruments or microphones helps. Then perform it as though before thousands of adoring fans!

First Intermission:

*(25 minutes, 45 seconds—
immediately after Grandpa Elephant’s speech to Meena about not giving up.)*

Share: Scary Dreams

Introduction: Meena loves music and singing, but she is too scared even to sing in front of someone else. Her Grandpa encourages her in his abrupt way by telling her to “go back there,” “demand” another chance, and “be confident.” We will have the opportunity now to share our own fears, and encourage each other with our victories.

Step 1: Have everyone in the family/group take turns sharing about a dream of theirs which is scary. It could be anything from going down the big slide at school to learning how to sew, or even winning a singing contest.

Step 2: Now encourage yourselves and each other by having each person share a time they were scared about something but overcame their fear and accomplished it.

Second Intermission:

(50 minutes, 25 seconds— after chapter 10 on scene selection)

Activity: Five Minute Film Stars—(Goal): Be Brave, Improve, and Have Fun

Introduction: Buster invites Nana Noodleman to come watch a show in a theatre that is not ready, and with stars who are still very unpracticed. Sometimes we have to jump into things without them being perfectly ready in order to make them happen. You are about to act out a movie scene. This will help you practice trying even when you’re not perfectly prepared.

Step 1: Have everyone pick a character they would like to be with an adjective and a noun. I.E. a sleepy dog, an overweight Superman, or crying queen.

Step 2: Together pick a genre of movie (i.e. western, romance, or horror), a setting (i.e. a bathroom, Washington DC, or the moon), and a crisis (i.e. lost dog, broken toenail, or collapsing bridge).

Step 3: Using all characters and the three decided upon criteria, take exactly five minutes to plan out a scene in which everyone has a part.

Step 4: Once five minutes is up, pretend you have an audience, and perform your scene for them. Record it if you like. It is sure to be good for laughs later.

Third Intermission:

(1 hour, 14 minutes— after chapter 13 on scene selection)

Share: Encouraging our Passions

Introduction: Buster Moon says, “I’m done,” a “danger to society,” a “deluded, washed up charlatan.” (Look up the word charlatan if anyone doesn’t know what it means). A lot of times fear prevents us from pursuing excellence in the things we love because it feels silly to think we are anything special. We are going to help each other embrace the things we love.

Step 1: Pick a person to go first sharing an activity which brings them great joy.

Step 2: Now have that person share a story of their favorite time enjoying that activity.

Step 3: As a family/group encourage this person in their passion with the words from the movie:
“Don’t let fear stop you from doing the thing you love.”

Step 4: Repeat these three steps with every other member of the family/group.

Post-Movie Exercise:

Activate: Grand Reopening

Instructions: Buster got to share his passion and realize his dream with the grand reopening of his “Moon Theatre.” We are going to take an opportunity to share our passion with each other, and reopen or commit to keeping open our dreams in this area.

Step 1: Using the passion shared in the third intermission activity, or another which needs “re-opening” in your life, plan a time for everyone to share their passion with the family/group. This could be a one-time showcase type event or a more drawn out experience where everyone gets their own day to share. It could be a performance where the rest just watch or a workshop where they learn from the “specialist.” Get out the calendar and schedule it in now!

Step 2: Smile lots while you enjoy the sharing of everyone’s passion.

Family/Group Statement:

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

We won’t let fear stop us from doing the things we love.

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

