

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

Christopher Robin:

“Doing nothing often leads to the very best of something.”

With the help of Christopher Robin and the Winnie-the-Pooh gang, we will be exploring the power of “nothing” to help us maintain the “Hundred Acre Forests” of Childhood, even as we grow up into responsible adults.

Duration: 2 ½-3 hours

Materials Needed: Whiteboard and dry erase markers or posterboard and markers; Coloring utensils and blank paper for each family/group member; honey and a spoon for each family/group member; 2 balloons or kazoo for each family/group member—see second intermission activity

Recommended Movie Snack or Meal: Honeyed nuts would be an appropriate thematic choice, though with allergies will not work in many situations. Consider serving carrot cake at the beginning of the film and joining Winnie the Pooh and the rest in the opening celebration of Christopher Robin.

View it with a Twist (optional): This movie begs to be watched in a forested area, even just at the foot of one big tree. If you have no trees available, attempt to create a viewing space which can be entered as into a magical land. Think the wardrobe from *The Lion, the Witch, and the Wardrobe*. Even decorating the top portion of a door, and making kids crawl into the room one person at a time will create an unforgettable effect.

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 *Christopher Robin* : (Suitable for Most Ages)

There is some intensity and fear when Christopher Robin first returns to the Hundred-Acre Wood and needs to face and fight the imaginary Heffalumps and Woozles. He ends up in a watery pit, as well as fighting an invisible monster. The scenes will probably create some trepidation in small children, and they may want to snuggle close, but it is dealt with through the lens of childhood and make-believe in a way that helps kids understand what is going on. Kids familiar with the Winnie-the-Pooh stories and the imaginary Heffalump and Woozle character will have an easier time connecting with the movie and avoiding an over-abundance of fear in this scene.

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, “Doing nothing often leads to the very best of something”

Share: Have every member of the family/group share their favorite way to spend unscheduled time.

Just for Fun: Give each member of the group their own spoon, and fill it with a taste of honey. Once everyone has honey, you will go around the circle saying two quotes from the beginning of the movie and eating your spoonsful of honey as follows. Person A says to Person B, “**Don’t you go getting growed up on us.**” Person B eats their honey as dramatically as possible, and responds, “**I don’t think I’ll have any trouble remembering the Hundred Acre Forest.**” Person B then says the first line to person C, who eats their honey and responds with the second line etc. etc., until Person A gets to eat their honey, and respond with the final second line.

First Intermission:

(23 minutes, 47 seconds—after chapter 4 on scene selection)

Share: Christopher Robin vs. Mr. Robin

Instructions: These first four chapters of the film show the journey of Christopher Robin, the individual child, transforming into Mr. Robin, the corporate businessman. We will be examining as a group the differences between these two characters and the forces which worked to fuel the change. We will then encourage each member of the group in their own growing up journey that they might grow up without growing out of their childhood.

Step 1: Get a whiteboard or posterboard to record group responses. We will be working together to brainstorm responses to the following questions:

Question 1: What attributes did you notice of Christopher Robin the child? What did he say? Do? Feel like?

Question 2: What attributes did you notice of Mr. Robin the adult? What did he say? Do? Feel like?

Question 3: What life experiences—things he did, heard, felt—influenced negatively Christopher Robins journey to becoming Mr. Robin?

Discuss these observations as makes sense with the context of you family/group.

Step 2: Now we will go around the circle, one person at a time, and answer the following questions about each individual.

Question 1: What parts about being a kid do you fear you’ve lost or are losing? If they are old enough to articulate it, ask them further, what forces they feel negatively influencing that loss. If the kids are very young and don’t understand either of these questions, just ask them what their favorite things are about being a kid.

Question 2: (This is a question the rest of the group will answer about each individual) What things do we love about “[first name, last name]” that we do not want to see them lose as they continue to grow up? Share these out loud to encourage each person before moving on and repeating with every member of the family/group.

Second Intermission:

(44 minutes, 34 seconds—after chapter 6 on scene selection)

Activity: Balloon/Kazoo Play and Giveaway—(Goal): To enjoy one of the simple pleasures of life, and share it, and the happiness it gives, with someone else.

Instructions: Winnie-the-Pooh asks Christopher Robin about Madeline, “Do you think she’d like my red balloon? It might make her happy.” Christopher Robin responds, “There’s more to happiness, than just balloons, Pooh.” Christopher Robin is right, but if we’ve lost the capacity to play with balloons, we probably aren’t happy!

Step 1: Give each member of the family/group a kazoo or give the group a number of inflated balloons depending on latex allergy considerations and your preference. Both items are a joy.

Step 2: Let everyone go crazy with the kazoos, or balloons, for at least five minutes. Adults included!

Step 3: Give each member of the family/group another kazoo or a deflated balloon which they should know ahead of time is **not for them**. Distribute blank paper and markers/crayons as well to make for the recipient of the designated kazoo/balloon. Each person should pick a person to gift the item who they think could use an extra dose of happy.

Consider using these puns on the cards:

I’m giving you this KAZOO are one of my favorites. I hope it makes you smile.

or

I’m giving you this to INFLATE your day with an extra dose of happiness.

Third Intermission:

(1 hour, 19 minutes, 48 seconds—one minute into chapter 11 on scene selection)

Replay: Re-watch the first minute of chapter 11 at least once, and preferably two or three times—just the scene of Madeline and the Pooh characters on the train.

Share: Have a group/family conversation as follows:

What stands out to you from this scene? What makes you happy? What makes you sad? What do you think Christopher Robin would want to say if he heard this conversation? What would you want to tell Madeline?

Activity: Say What You See

We are going to play Pooh’s very simple game, “Say What You See.” Take five minutes—a full, timed five minutes—and just say everything the group sees around them. No need to take turns, though if someone isn’t participating, feel free to call them out.

After the five minutes is over, have each group member get up, and pick out one item they saw during the game which they can carry, and which is appropriate and safe for them to move. You will use this item for an activity after the movie.

Post-Movie Exercise:

Activate: Letting Nothing Lead to the Very Best of Something

Instructions: Sitting in a circle, have every member of the group set in front of them the item they collected from the last activity. Nothing leads to the best something when we are able to utilize all the people and resources we are given to collectively create a great time in a life space which otherwise might be empty.

Step 1: Take a maximum of five minutes to make a plan for how the entire group can participate in an activity or series of activities utilizing every single item the group has in front of them, but no others.

Step 2: Taking a minimum of ten minutes enjoy playing in whatever ways make sense to your group with these resources. Don't box it in, don't be afraid something won't work, just try things, and create a great something together out of nothing.

Step 3: Smile lots while you enjoy your activity.

Family/Group Statement:

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

"We aren't going to forget our Hundred Acre Forest, because we know NOTHING often Leads to the very best of SOMETHINGS."

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

