

Trinity Family Film Guide

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

Moana: Claiming Our Name

With the help of *Moana*, we will go on a quest to better understand and claim our names. In the midst of her journey, Moana again and again is forced to claim her name, and the in-born strength it represents. Along the way, she helps two others, Maui, and Te Fiti, remember and reclaim their true identities as well. Following in her brave footsteps, this guide will help strengthen our essential capacity to value ourselves and others.

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

Materials Needed: leis; pineapple, pineapple juice, banana, coconut milk, and ice cubes (for smoothies); swimsuits; and tropical decorations, as desired. Poster board (one for each group/family member plus one additional), markers, and a large number of soft, throwable objects.

Recommended Movie Snack or Meal: Serve Pina Colada smoothies by blending ingredients above.

View it with a Twist (optional): Consider buying lei's and having everyone wear their swimsuits (and laying out on their own towels) for the viewing of this movie. Tropical decorations are always a plus!

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 *Moana*: (Discretion Encouraged Before Showing to Young Children)

Moana is on an epic and, at times, quite dangerous and frightening quest. There is a giant crab and a very intense lava monster who can both be scary.

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 “Claiming Our Name.”

Share: Have everyone share their full name.

Just for Fun: Adjective Name Game

Step 1: Have everyone pick a positive adjective which starts with the same letter as their first name and appropriately describes them. (i.e. Adventurous Andrew)

Step 2: Share these names with the entire group, and have one person move to the center of a group circle.

Step 3: Each person in the circle should hold out their hand. One person begins by saying another person’s adjective. That person must say another person’s adjective before the person in the middle is able to slap their extended hand. Once the person in the middle catches someone, the person whose hand was slapped takes over the middle position.

Bonus: Try another round with middle or last names.

If doing this as a family, take the time to decide upon an alliterated adjective you would most like to define your family using your last name.

First Intermission:

(32 minutes, 10 seconds—Beginning of seventh chapter on DVD)

Share: Understanding Our Names

Introduction: Moana’s grandmother, while on her death bed, tells her granddaughter to go find Maui, tell him her name, Moana, and command him to help her. There is strength in our names, and in the person they represent.

Step 1: Have everyone share what they know of the meaning of their full name. If any adult can provide added information, or research can be done to help children, this is worth the effort. Think about not only name meanings but also famous or religious characters who share their name.

Step 2: Going around the group/family, have each person introduce the person to their left, including the shared information about the significance of their name, and have them share something they notice about them, which supports that identity. (i.e. this is Andrew Gregory Wiens, his name says that he is manly and watchful. **I notice** he is very observant and aware of the needs of the people around him etc.)

Notes for Name Research Here:

Second Intermission:

(1 hour, 10 minutes, 45 seconds—Beginning of fifteenth chapter on DVD)

Activity: Valuing other's names—(Goal): Maui had lost all confidence in himself. Moana helped him rediscover it by reminding him who he was. It is important we know the strength of those we are traveling through life with, so we can help them when they need encouraging.

Instructions: Every member of the family/group is going to make a name poster for an important friend or family member not currently present.

Step 1: Pick one friend or family member whose name you don't know the meaning of and who you would like to encourage.

Step 2: Research the meaning of their name and others in history who share their name; think about what this means to you.

Step 3: Using markers, design a poster with the chosen name on it and drawings/words which will communicate to them the strength of their name.

Step 4: Make sure to give away and explain your poster the next time you see this person.

Leaders do whatever coaching you think necessary to prepare everyone for this future exchange with the poster's recipient.

Third Intermission:

(1 hour, 23 minutes, 17 seconds—Beginning of nineteenth chapter on DVD)

Share: Who and where we are from

Introduction: Moana is ready to turn around because the challenge feels too big for her. She finds encouragement and strength to continue by realizing that it is not her alone that has brought her to this moment. She rides on the lives of countless others who have gone before her to position her for this moment. This concept is can be referred to as the "cloud of witnesses," those who have gone before us. We are going to make a collective cloud of witnesses on one poster board for the group.

Step 1: Have one member of the group/family draw a large cloud that fills the top half to two-thirds of your poster-board.

Step 2: Take turns having group/family members share a person who is in their cloud of witnesses. It could be a parent, grandparent, uncle, hero of history, anyone they feel like provides them strength. They should also share one or two words which describes something that person gives to or encourages them with. (i.e. Grandpa—generosity, Lincoln—courage)

Step 3: As each person shares, write the name of their person in the cloud, and make a raindrop below the cloud within which to write the strength they provide. You will end with a cool poster which represents your collective cloud of witnesses. Fill it as full as you like.

Post-Movie Exercise:

Activate: Being a Gold-Digger

Introduction: Moana was able to see Te Fiti in Te Ka. It is one thing to see the strength and claim the name of the people who are giving us love in return, but Moana inspires us to be people who can do so even in the face of others' hostility. We are going to play a final game, which will help us remember to do this.

Step 1: Spread a large number of soft, throwable objects around the perimeter of a group circle.

Step 2: Have one person go to the middle of the circle, and when they say go, everyone else will begin to throw things at them, continuously.

Step 3: The person in the middle now starts calling people by name, and sharing one strength they notice and admire about that person. "Andrew, I notice you are a faithful friend." Once they share about someone, that person must sit down and quit throwing objects. The round is finished when the person in the middle has called the "gold" out of everyone throwing things at them.

Step 4: Switch middle people and repeat until everyone has had a turn.

Family/Group Statement:

Step 1: Everyone's will sound a bit different, but say the following out loud as an entire group (the louder the better):

I am (Full Name) , and I am (list of adjectives they are claiming about their name) !

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

