

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

Incredibles 2:

Becoming an Incredibly Together Family/Group

With the help of Incredibles 2 we will be exploring our family/group capacity for unity. As we pursue a greater together bond and vision, we will find ourselves inherently living more incredible moments.

Duration: 2.5-3.5 hours

Materials Needed: Random props for Blind-Mute game, paper/poster board with writing utensils, squirt bottle with hand towel.

If “movie meal” and “view it with a twist” are utilized: Asian food, takeout boxes, chopsticks, and costumes or materials for costumes.

Recommended Movie Snack or Meal: The Incredibles Family eats Asian takeout food in the movie. I recommend you work together as a group/family to make some fried rice, or a full meal if you like. Then, with takeout containers you can buy online, enjoy the food “takeout style” while you watch. Chopsticks are a bonus!

View it with a Twist (optional): Have everyone dress up as superheroes, or for even more fun, buy some yardage of cheap fabric and have everyone decorate their own cape, inventing a superhero in the process.

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 {Template}: (Discretion encouraged before showing to young children)

The Incredibles must come together to fight some bad guys who enter into minds and actually change good characters to make them do bad things. These scenes have a lot of action and can be frightening for some 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 “Becoming an Incredibly Together Family/Group.”

Share: Have everyone in the family/group share a story about a time/event during which they felt particularly close to another person or group of people.

Just for Fun: “HA” Game – Nothing brings people together like laughter.

Set Up: Have person A lay down on the ground. Have person B lay their head gently on person A’s belly. Have person C lay their head on person B belly etc. etc. Ideally the head on belly train would bring the last person back around to place their belly under the head of person A to complete the circle. Do your best.

Play: Pick someone to start by saying “Ha” utilizing their belly muscles and raising the person’s head laying on them. That person then says “Ha” twice continuing through the circle and increasing the number of “Ha’s,” and head bounces, with each person. The goal is to make it all the way around the group or as high a number as possible without laughing.

First Intermission:

(13 minutes, 38 seconds—beginning chapter 5 on scene selection)

Share: Improving our World

Instructions: The Incredible family has an opportunity for an important conversation after their mess-up of a day. They have a choice to make together. Will they adapt to the world or position to grow and improve it? The Incredibles don’t do a very good job in the movie having this conversation, but we can do better.

Step 1: As a family/group pick one important aspect of your shared life together which you want to discuss ways to improve i.e. dinner time, bedtime, Saturday Morning if a family; recess, snack time etc. for a school/church group.

Step 2: Using a paper or poster board, make a chart with two columns. Mark one column *strengths*, and the other *weaknesses*. Have everyone share the strengths and weaknesses they see in how this part of your life is currently lived out.

Step 3: As a group pick one strength to make stronger, or one weakness to improve upon. Brainstorm as a group what change you can make to improve this element of your life together. As a leader, make sure you are asking questions to bring everyone’s voice to the table, address any elephants in the room, and find a “together” plan everyone can feel incredible about acting upon.

Step 4: Make the change.

Second Intermission:

(42 minutes, 43 seconds—beginning of chapter 13 on scene selection)

Activity: Blind, Mute Challenge—(Goal): Understand the importance of our individual role in the family/group.

Mr. and Mrs. Incredible have a somewhat painful conversation on the phone as each of them wrestles with their new role for the success of the

family. This activity will be nicely complimented with conversation around this subject of owning our role, even when it fluctuates.

Prep. Instructions: Lay out a pile of random stuff on the floor of one end of the room. Pick three group members for a special roll. 1) Blindfold one of them and place them near the pile of stuff. 2) Place the second in the middle of the room, with their back to the first person and the pile. They may not turn around and are thus blind to everything behind them. 3) Have the remaining person stand on the opposite side of the room from the pile of stuff facing the room so they can see everything. This person is not allowed to speak, only sign.

Step 1: The remaining group members now confer quietly to pick a challenge the blindfolded person needs to do with the pile of stuff, i.e. locate the soccer ball, pick it up, and set it on the chair across the room.

Step 2: These instructions are whispered to the mute person, who must communicate them to the middle player using sign language.

Step 3: The middle player may now speak instructions to the blindfolded player, but may not turn around to see how they are doing. Once the task is complete, repeat the game with a new challenge and new roles for each person.

Third Intermission:

(1 hour, 12 minutes, 36 seconds—beginning of chapter 24 on scene selection)

Share: “Good Person, Growing”

Mr. Incredible apologizes to his daughter for the price she has to pay as a member of the Incredible family. He shares how he just wants to be a good dad, but he doesn't always know what the right thing to do is. It is really helpful for our families/groups when we realize everyone is trying to be a good “dad, mom, brother, daughter etc.” However, it is also helpful when mistakes are apologized for and messes we make cleaned up. We are going to practice that.

Step 1: Give everyone some silent time to think about one of their roles in the family/group and a way they feel like they haven't been doing their best in that role, or a way they sometimes make mistakes.

Step 2: Now have everyone share and apologize for one of their shortcomings in one of the roles. You will need a squirting water-bottle and towels as you have people share with the following format (I have put possible answers in the blanks to give you more of an idea):

“I want to be a good ___(Dad);_(Friend)___, but sometimes I realize I'm not perfect when ___(I get angry at you for being too noisy);_ (I don't listen to people's stories)_____.”

***At this point in the confession, the person should squirt water on or at the feet of anyone effected by their mess.**

“I want to apologize for the way that affects you and I want to clean up my mess. I am working on that. I'm a good ___(Dad)_(Friend)___, and I'm growing.”

***Now the group members should give the confessor a towel and echo their last sentence with these words:**

“You're a good ___(Dad);_Friend)___, and you're growing.”

***The confessor can use the towel to clean up the water mess before the next person begins.**

This exercise of admitting and taking ownership of our faults in front of a group will help to create a culture where shame can't tell people they are defined by their shortcomings.

Post-Movie Exercise:

Activate: Month-long Project

Overview: You are going, together, to pick a project you will do together over *approximately* the next month. It might be something you create, a project in the house, to improve your school, or a project for the community. There are no limitations apart from it being a TOGETHER project.

Step 1: Brainstorm. No limitations. No bad ideas. Write down *everything* which people think of for at least five minutes and no more than ten—with no feedback. Just write and brainstorm.

Step 2: Pick the top three ideas and vote them down to one.

Step 3: List every person's name and the roles they can play to help make the project happen. If the project you chose seems to leave someone out of a role, pick a new one or expand on what the project entails.

Step 4: Make a plan TOGETHER for how you will finish this project over the next month. Enjoy the process and consider making monthly projects a new family/group tradition.

Family/Group Statement:

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

We are Incredible. We are even more Incredible TOGETHER!

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

