



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
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## FAMILY MOVIE NIGHT – *One*

### ***One* by Kathryn Otoshi**

This book is about friendship, boundaries, and standing up for yourself and others. The author, Kathryn Otoshi, describes her book, “The theme is acceptance and tolerance. How one voice can count and affect change. Many times we think, ‘I’m so small. What can I do?’ When one person stands up for something, it might be just enough to tip the next person over and inspire him or her to also stand up.”

The movie that complements this month’s book is *Moana*. **Please review the movie before watching as a family.** Movie suggestions are from Common Sense and full reviews can be found under Parental Guidelines for movies:

*Moana* <https://www.commonsensemedia.org/movie-reviews/moana>

### **Discussion Questions for *Moana* (age 6+):**

1. Families can talk about which parts of *Moana* were scary. Did making the monsters cute (like the coconut pirates) or colorful (like the giant crab) make them more or less scary?
2. What makes Moana such a strong character? How does she demonstrate curiosity, perseverance, and courage on her quest? Why are those important character strengths?
3. Is she a role model? Why? Can you think of other movies featuring strong female characters?
4. How does Moana deal with wanting to stay on the island and be a good leader for her people, but also wanting to listen to the voice inside her telling her to explore the ocean? Have you ever felt like who people want you to be isn't the same as who you really are?
5. Does Moana have to change who she is to be a good leader?

6. The story of Moana is based on myths and legends from ancient Polynesian culture. Is the movie respectful of those cultures? What did you learn about how people lived then?
7. How, like the number 1 in the book *One*, is Moana an *UPstander*?
8. How does Moana inspire you?

### **Ways to Reinforce This Lesson at Home:**

#### Watercolor Dots

This activity is for everyone in the family. If you don't have watercolors or paint, you may use crayons or markers

Materials: watercolors, paint, brushes, cups of water to clean brushes, watercolor paper to paint on, or if preferred markers or crayons

- Paint a picture that illustrates the part of the movie you liked best or create your own picture.
- Be creative. Draw dots, numbers, or characters from Moana. (Could #1 and Moana be friends and work together)?
- After the pictures dry, be an author and describe what is happening in your painting.
- Share your painting and story with family members.