

# FROZEN



## Opening/The Accident (Scene 1)

- ♥ The troll elder explains to Elsa that “fear will be [her] enemy.” How can other people’s emotions and feelings affect our behavior? In what ways can our emotions hold us back?

## Concealing Her Powers (Scene 2)

- ♥ Anna and Elsa had a great relationship before Elsa had to conceal her powers. How can keeping secrets hurt those that we care about?
- ♥ When Anna lets Elsa know that she is there for her, Elsa still shuts her out. Have you shut out someone before? Do you believe that it was the right thing to do? Why or why not?

## Coronation Day (Scene 3)

- ♥ Elsa has to be vulnerable when she takes off her gloves for the coronation ceremony, ice begins to form and then she quickly covers them up. When is it good to allow ourselves to be vulnerable? When can it be bad? Why?

## Puppy Love (Scene 4)

- ♥ Anna falls for Hans and agrees to marry him within the first day of meeting him. Is this the kind of decision that should be made on a whim? Why or why not?
- ♥ Elsa immediately shuts down Anna and Hans’ marriage. How can we appropriately express that we disapprove or disagree with the choices made by others?
- ♥ Anna defends her sister to the Duke of Weaseltown even though Elsa was mean to her and shut her out for many years. What level of understanding did Anna show towards her sister? How can we best implement concern and understanding into our own relationships?

## The Search for Elsa (Scene 5)

- ♥ Elsa wants to be able to be herself. What does it mean to be free to be who you are? Have you ever changed who you are to please someone else? Why is it important to stay true to yourself?
- ♥ Kristoff doesn’t like people because they’ll “beat you, and curse you and cheat you.” Sometimes we have bad experiences with certain people; how can we see the good in them?

## Olaf (Scene 7)

- ♥ When life gets rough, Olaf thinks about his dream to help him let off steam. How can relationships sometimes be stressful? During these times, how can we help relieve that stress?

## Finding Elsa (Scene 8)

- ♥ Anna was hesitant to knock on the door to Elsa's palace because she was consistently being shut out. She was relieved to see that the door opened. Why do you think Anna was relieved when the door opened? How does this apply to relationships?
- ♥ A storm begins to form around Elsa when she starts to panic about what she has done to Arendelle. She then hurts Anna again by freezing her heart. Have your emotions ever contributed to you making a mistake or thinking irrationally? When and why?
- ♥ Anna insists that she won't leave without Elsa because they can work through it all together, however Elsa does not believe her. Why do we sometimes feel that situations are hopeless? Why is it hard to admit that we need help? Why is it important to allow others to help us?

## Snow Monster (Scene 9)

- ♥ Kristoff makes a snow anchor to keep them from falling. What do you use to anchor yourself from falling emotionally?
- ♥ As Elsa is pacing in her palace, the ice around her turns red and begins closing in on her as she tries to convince herself not to feel. Why does it feel like everything is closing in on us when bad things keep happening? Why is it bad to conceal and not feel our emotions?

## Family (Scene 10)

- ♥ Kristoff's family talks about how "he is a bit of a fixer-upper." They also talk about how we can't really change who someone else is, but that "love brings out the best" in others. What is wrong with wanting and expecting someone else to change? What can we personally do to improve the relationship?

## What is Love? (Scene 13)

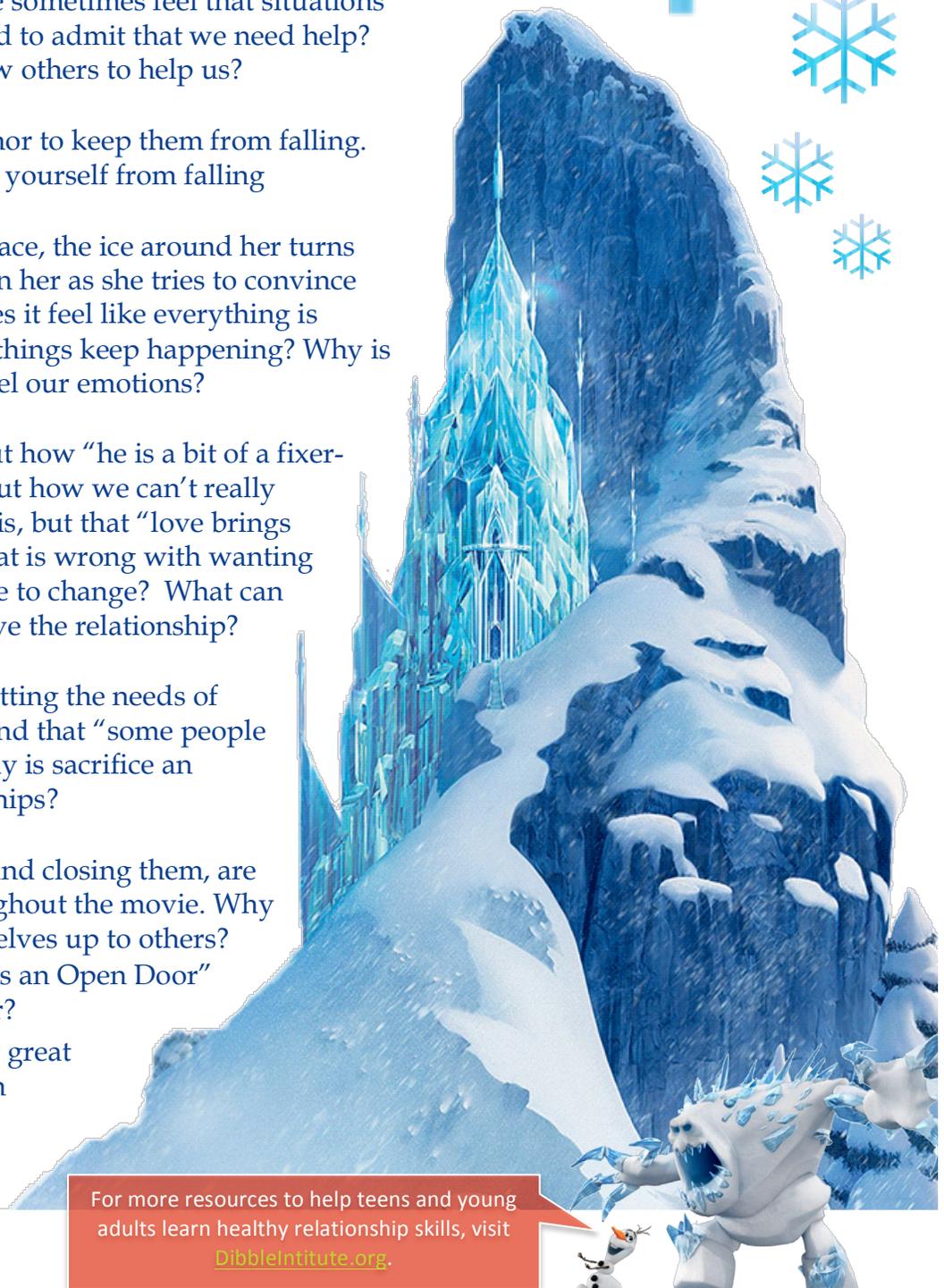
- ♥ Olaf shares that "love is putting the needs of others before your own," and that "some people are worth melting for." Why is sacrifice an important part of relationships?

## Final Thoughts

- ♥ Doors, as well as opening and closing them, are a constant metaphor throughout the movie. Why can it be hard to open ourselves up to others?
- ♥ How does the song "Love is an Open Door" relate to the door metaphor?

Disney's YouTube channel has a great video of a couple who have been married 50 years singing,

*Love is an Open Door.*



For more resources to help teens and young adults learn healthy relationship skills, visit [DibbleInstitute.org](http://DibbleInstitute.org).

