

Moana

7:00 minutes

Moana's father comes looking for little Moana. When he finds her, he is happy. What does this show about their relationship? How does it make children feel when parents show that they love them and want them to be safe?

8:30 minutes

It's clear that the islanders of Motunui get along really well. They help and support one another. When has having a group of support helped one of your relationships?

9:00 minutes

Moana finds her grandmother next to the ocean and goes down to talk with her. It's easy to tell that they have a special relationship. What do you think it is that draws us to having connections with grandparents? Do you have a special connection with any grandparent?

10:30 minutes

Moana's dad takes her to the mountain where a stone is placed by each chief. At this time he tells her the role she is to play. This shows that he has a lot of trust in Moana. How can trust from parents benefit their children? Have you been in a relationship where trust has been severed? What did that do to the relationship?

14:00 minutes

There are no more fish in the lagoon and Moana suggests going outside the reef. Her dad doesn't entertain the idea and he reacts with a little bit of anger. Anger can have different effects depending on the relationship and the amount of anger. What has anger done in your relationships?

15:00 minutes

Moana's mom comes to talk to Moana after the fish incident. What can mothers do that can help them connect with their daughters?

17:30 minutes

During this song Moana mentions that everyone on the island has a role. What are some of the different roles you fulfill in relationships you have?

29:00 minutes

Although the grandmother encourages Moana against the desires of her father, we can tell that the chief still loves his mother dearly. He quickly goes to her as she's passing away. What can we learn from this? Have you showed love and respect for someone even if they do something that bothers you?

29:00 minutes

Moana also really cares about her grandmother and doesn't want to leave her. What do you suggest to people who are losing loved ones and are having a hard time? How have you dealt with this type of loss?

30:00 minutes

Moana's mother helps her pack her bags. She has tears in her eyes like she doesn't want Moana to go, but helps her anyway. What would you do if you were the mother in this situation?

37:30 minutes

Moana finally finds Maui. What type of relationship do you think would develop if you started a conversation with someone you just met by telling them what to do? What is a better way to develop a relationship?

50:30 minutes

Moana tells Maui that he could be a hero if he restores the heart to Te Fiti. There are many small things we can do for others to be a "hero." In relationships you've had, does it make you feel good to do things for the other person?

52:30 minutes

Maui teaches Moana how to sail. Has there been a time when you have taught/been taught in a relationship?

1:01

Tamatoa really likes to talk about himself. Is it fun to be around someone that just talks about themselves? What are ways you can show more interest in what someone else likes to talk about?

1:08

Moana is passionate about saving her island. What does this show about the relationship she has with her people and where they live?

1:13

Moana trusts Maui enough to give him the heart. Something must've changed, because earlier, Maui would have gotten rid of the heart. How does it feel when you know you can trust someone, especially if you haven't been able to before?

1:16

Maui questions Moana when she says she thought *they* could make it. In a relationship, why is it important to work together?

1:17

Maui says some hurtful things to Moana before he leaves. Have there been times when comments like these hurt your feelings and take a toll on your relationships?

1:19

This shows that Moana's grandma's Spirit is with Moana on her journey. How can relationships you carry in your heart help you through hard times?

1:25

Moana wasn't expecting Maui to come back. When he did show up, she was happy and grateful. How does it feel when relationships take a hard hit, but then are able to mend later?

1:32

Moana puts the heart of Te Fiti back. How can doing something nice for someone be a good start for a relationship?

1:34

Moana returns from her trip and her parents go out to greet her. Can we greet those we love in a similar way? How can that strengthen a relationship?



For more resources to help teens and young adults learn healthy relationship skills, visit DibbleInstitute.org.