



MOANA

Discussion Guide

A 16-year-old named Moana (voice of Auli'i Cravalho) is inspired to leave the safety and security of her island on a daring journey to save her people. Inexplicably drawn to the ocean, Moana convinces the mighty demigod Maui (voice of Dwayne Johnson) to join her mission, and he reluctantly helps her become a wayfinder like her ancestors who sailed before her. Together, they voyage across the open ocean on an action-packed adventure, encountering enormous monsters and impossible odds, and along the way, Moana fulfills her quest and discovers the one thing she's always sought: her own identity.

Moana is a celebration of courage, wisdom and selflessness and a film that will entertain viewers of all ages. Like all great animated films, it serves up rich emotional themes for the entire family. Below are a series of discussion starters for conversations around the film.

MOANA

WHERE YOU'RE FROM AND WHERE YOU'RE GOING



QUESTIONS FOR CONSIDERATION

1. Think about where you are today. How does your past and where you come from shape your life now? Are there rituals or experiences that you still cling to? Are there beliefs and ideas that you have given up along the way?
2. Think about where you want to go in life. What are the practices and actions that you embrace today that will help you get there? What do you need to let go of in order to get there?

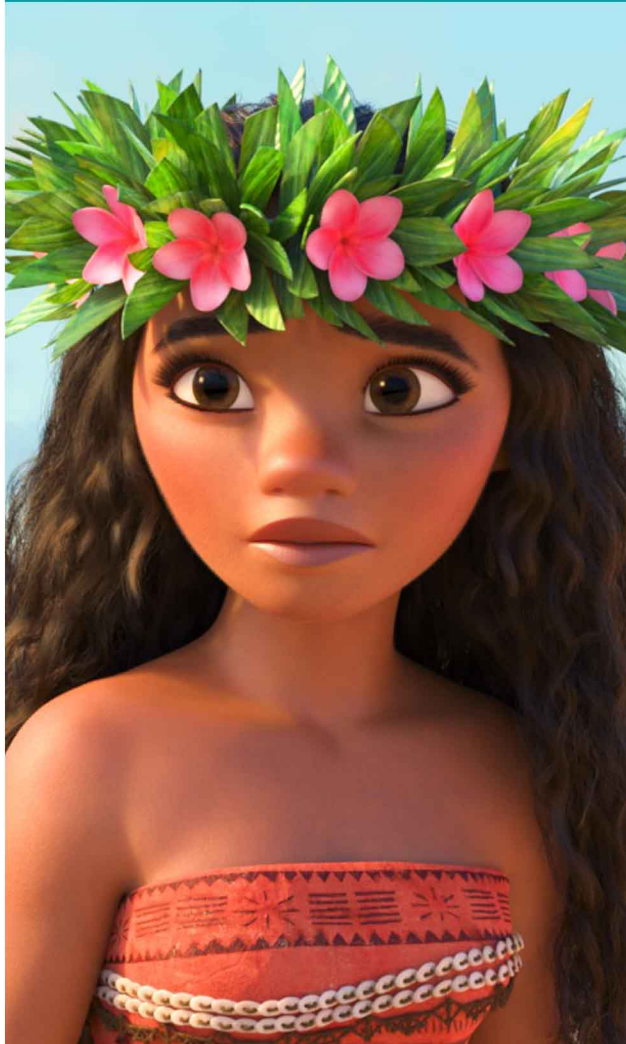


Moana highlights a universal conflict: honoring where we're from while recognizing that we have other places to go. At the same time, we can't get to — or appreciate — where we need to go without knowing where we've been. In fact, wayfinding — which Moana's ancestors did without instruments using only their deep knowledge of nature, of the stars, ocean currents, and waves, to guide them — depends on a solid understanding of where we've been. Moana is from a great place, a beautiful island that's home to a loving community of family and friends. They have valued traditions that she treasures. But Moana feels a profound connection to the ocean and a desire to right an ancient wrong. As Moana realizes that she must travel away from the island to save her community, she learns more about her people, especially from her beloved Gramma Tala, before she leaves the island. Her realization that her people were once brave wayfinders, she is empowered to venture beyond the safety of the reef to save her people from a terrible darkness that threatens their wellbeing.

We're all like Moana. Many of us come from great families and communities, but we all have dreams of traveling to different places or pursuing dreams of a different or better life. But to do so, we need to know who we are and from where we come. In doing so, we will find the inspiration and energy to get where we want, and need, to go. During the course of the research trips to the Pacific Islands, the filmmakers heard the phrase from an elder: "Know Your Mountain." The notion that you must know where you came from to know where you are headed. This was a central theme for the filmmakers.

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AFRAID OF THE REEF



Moana's people were once great, daring seafarers. It has been a long time since they have left their home, the island of Motunui, the safety of their reef, and they have grown fearful of what lies beyond. When Moana works up the courage to leave, this is her first true challenge, sailing past the reef and over the breaking waves.

We all have reefs in our lives. We feel a call in our lives to move, to start a new job, to make a new friend, but there's often a barrier that stand in the way or makes it seem scarier than it really is or needs to be. It may be daring to introduce ourselves to someone new, applying for a new school or job, or making a down payment on a house. Once we break through the reef, we might find that we are equal to any challenge that life places in our path.

QUESTIONS FOR CONSIDERATION

1. Think about the journeys in your life. What were the reefs that were the initial barriers to those journeys? How did you travel through them?
2. What are the reefs surrounding you now? How can you pass through them?

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HURT PEOPLE HURT PEOPLE



QUESTIONS FOR CONSIDERATION

1. Think about the “villains” in your life. Who are they, and why do they seem like villains to you? Talk about what events in their lives might make them act this way.

2. Have there been times in your life when a “villain” surprised you by acting differently? Discuss.

Moana reveals a truth about the “villains” in our lives, namely that they’re not always villains in the first place. This doesn’t mean that there aren’t people in the world that do harm. Rather, it asks us to be more sympathetic to them. The villains in our lives have, more often than not, experienced pain or loss. Consider the character Te Fiti in *Moana*. Maui stole her heart. It was a violation that led to much darkness until that wrong was set right.

There’s an old saying, “Hurt people hurt people. Loved people love people.” Think about the times in your life when others have hurt or offended you. Didn’t you want to lash out at them or at others? What about when someone really loved you? Didn’t you want to pass that on too?

It’s one of the hardest things to do, but one of the most important. Can we stop or be slower to judgment and ask why our villains are who they are?

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WISDOM OF CHILDREN



QUESTIONS FOR CONSIDERATION

1. For the younger viewers, think about the times when you have been listened to and/or ignored. How did that make you feel? What do you hope adults learn from your experiences?

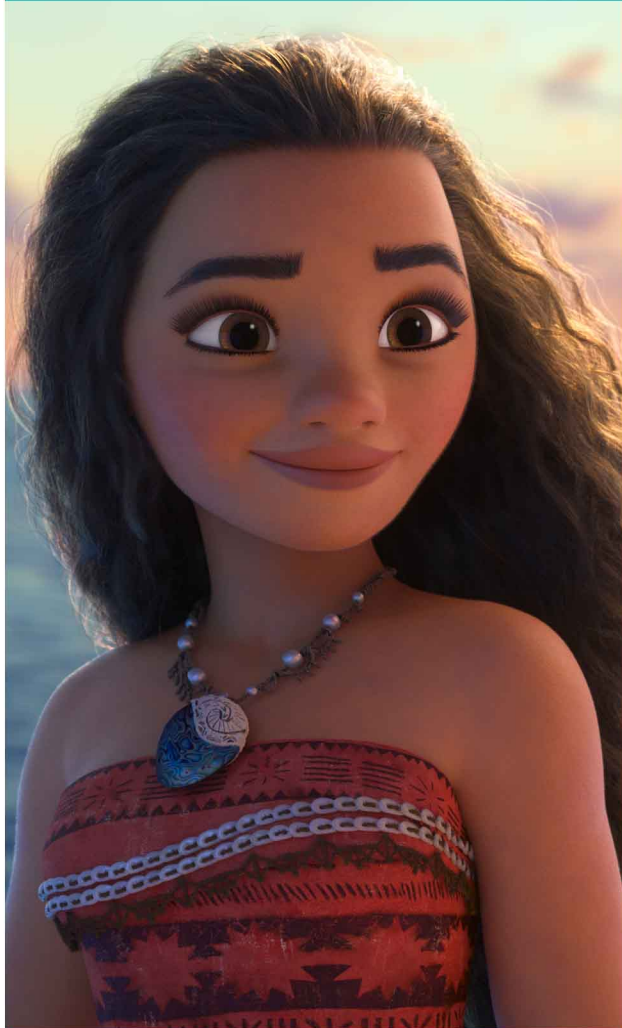
2. For the older viewers, when has the wisdom of children surprised you? Talk about what you learned and how it influenced you.

Like many Disney films, *Moana* is such a special film because it recognizes and celebrates the wisdom of children. Moana is a hero just as much for her intelligence and wisdom as she is for her bravery. She recognizes the real problem plaguing her island and what must be done to fix it. When she encounters Maui, a demigod, she's smart enough to see through his initial bravado to the good person he really is and what he has done. Kids may not know everything, but, then again, who does?!

This doesn't mean that they aren't valuable or wise. There's a certain wisdom and openness to children's viewpoints that haven't been spoiled by age and all the prejudices that come with it. Children often have the ability to see to the heart of both an event and the people involved in it. Will we listen to or seek out their perspective?

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THE POWER OF SACRIFICE



QUESTIONS FOR CONSIDERATION

1. Look at the communities of which you are a part. In what ways are they fractured or broken? What can you sacrifice to help make them better?
2. Think about times of brokenness in your life. Did others sacrifice to help you? What did they do and how did it help?

Moana and Maui are worthy heroes because they ultimately make sacrifices of themselves for others. Moana sets out on a potentially dangerous journey and sacrifices her safety and well-being for the good of her village. Maui sacrifices his pride to help Moana achieve her goal.

Like the act of sympathizing with the “villains” in our lives that we discussed above, the act of sacrifice is a difficult practice, but an important one. It’s not easy to give up what we need or want in life so that we can better serve others. But there are fewer more heroic or important acts than this that any of us can undertake. We live in a fractured world and are surrounded by hurting people. One way to begin to repair this is through small acts of sacrifice.