



**A First 5 Humboldt**

*Make the Moment Count*

# Summer Film Series

**Because Tomorrow Starts Today.**



**First 5**  
HUMBOLDT



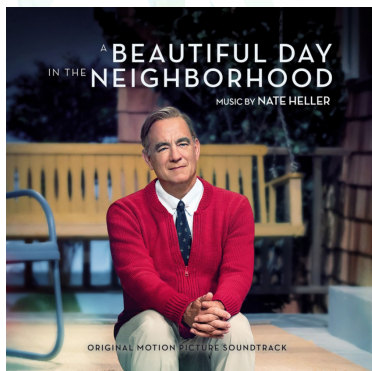
*What can we do to support lifelong  
health and wellbeing?*

*We will be showcasing three films from  
June to August 2021 to help us think about  
this question.*



## Schedule of Events

### **June 2021: A Beautiful Day in the Neighborhood, June 21 to June 27**



**June 21, 12 - 12:30 - Kickoff Facebook live with Mary Ann Hansen (First 5 Humboldt) and Ashley Gephart (DHHS Public Health)**

*June 21 - June 27: Film (A Beautiful Day in the Neighborhood) showcased for virtual streaming (DVDs also available upon request or at library)*

**June 28, 12 - 12:30: Facebook live chat on film messages with Meg Walkley**

### **July 2021: Ka'm-t'em: A Journey Toward Healing, July 19 to July 25**



*July 19 - July 25: Film (Ka'm-t'em: A Journey Toward Healing) showcased for virtual viewing at the link below*

*<https://www.youtube.com/watch?v=twVEuNOU55w>*

**July 26, 12 - 12:30: Facebook live chat on film messages with**

Photo credit: Ka'm-t'em Video **Ellen Colegrove**

### **August 2021: Inside Out, August 21, 8:30 p.m. at Redwood Acres**



*August 21, Drive-in Movie Event: Inside out*

*Gates open at 7:30 p.m. and the show starts at 8:30 p.m.*

**August 23, 12 - 12:30: Wrap-up Facebook live chat - What are we doing around creating HOPE for families? with Mary Ann Hansen and Ashley Gephart (DHHS Public Health)**

**Live in Humboldt County? Order a free Party Pack here!  
Scan this QR code with your phone camera to receive goodies!**



## **WE COULD ALL USE A LITTLE KINDNESS.**

A discussion guide for A Beautiful Day in the Neighborhood

### **WHAT DO YOU DO WITH THE MAD THAT YOU FEEL?**

No matter how old you are, talking about feelings can be difficult. How can we express emotions in a healthy way, especially difficult emotions like anger, fear, or guilt? In the film, Mister Rogers says to Lloyd, "Anything human is mentionable, and anything mentionable is manageable." He helps Lloyd process his own emotions and articulate the "mad" that he feels.

**How do you usually process anger or fear?**

**How do you support others to normalize and process their strong feelings?**

### **ALL EXPERIENCES MATTER.**

How did Mister Rogers validate Lloyd's experiences? It is important in both personal and professional relationships to validate the experience of children and adults.

**How can you help someone feel like their experiences matter?**

### **HAVE YOU EVER HAD SOMEONE WHO CHANGED YOUR LIFE?**

In A BEAUTIFUL DAY IN THE NEIGHBORHOOD, Mister Rogers cares for his friend Lloyd by listening to his story, hearing his hurt, and encouraging him to forgive. He sees and accepts his friend, illustrating how one person can inspire a world of kindness.

**How would you feel to hear someone say, "There's no person in the whole world like you. I like you just the way you are." Has anyone been a Mr. Rogers in your life?**



**Anything  
human  
is mentionable,  
and anything  
mentionable is  
manageable.**

**-Mister Rogers**

## APPRECIATING THE UNIQUENESS THAT WE EACH CARRY.

A discussion guide for *Ka'm-t'em: A Journey toward Healing*  
by Dr. Kishan Lara-Cooper

### WHAT DOES KA'M-T'EM SYMBOLIZE?

Ka'm-t'em is a Yurok word for a basket that holds treasures. This precious knowledge as shared in the book and video inspires reclamation of identity and encourages readers to seek, search, embrace and value their own truth.

**What treasures or knowledge did you observe in the video?**

**How do you think this knowledge has shaped Indigenous identity?**

### TESTIMONIAL JUSTICE

Did you know that Indigenous perspectives are often omitted from textbooks, movies, media etc.? This omission is referred to as testimonial injustice and has led to misconceptions, stereotypes, and discrimination. Reversely, *Ka'm-t'em: A Journey toward Healing* presents Indigenous testimonials of resistance, renewal, advocacy, resilience, beauty and awakening. In the sharing and in the listening of Indigenous testimonials, we are reminded of the beauty within.

**Can you think of a time when your experience was not heard? How did it make you feel?**

**How can you nurture a space for testimonial justice?**

### MULTI-LOGICAL THINKING?

Every human being has values, beliefs and experiences that shape their view of the world or their truth. There can be multiple truths to a single event and these truths can co-exist.



The most important thing I have learned is to honor, to meet the energy, to meet the history, to meet all life at the place in which you find yourself. Our life is enriched if we understand from where we came... The real journey of life is to find out who we are. When we find out who we are, we can honor other people.

- Jack Norton in *Ka'm-t'em*

Photo from *Ka'm-t'em: A Journey toward Healing*

Photo credit: Gary Colegrove Jr. and the Ka'm-t'em Youth Photography Project

## "DO YOU EVER LOOK AT SOMEONE AND WONDER..."

A discussion guide for Inside Out

### "...WHAT'S GOING ON INSIDE THEIR HEAD?"

In INSIDE OUT, 11 year-old Riley is faced with a transition that prompts a range of emotional responses, as characterized through Anger, Disgust, Joy, Fear, and Sadness. When we meet Riley, most of the time Joy is in charge of her thoughts and personality. Which emotion(s) do you feel most often? How do all of the different feelings relate to each other?

Riley is asked by her parents to "Be our happy girl." Why is it hard for Riley to tell her parents how she's feeling? What do you notice at the end of the film with her range of emotion?

**What does this tell you about the complexity of emotional responses?**

**How might having the words to describe emotions help children process their experiences?**

### TALKING WITH KIDS

Sharing an experience, such as watching a movie together, can provide a good opportunity for talking about big ideas. You can use the characters in the story to ask questions, such as

Why do you think Joy kept pushing Sadness away? Do you think sadness is a bad thing?

Did it make Riley feel better to ignore her sadness?

**Did you know that being sad is ok? And so are all of your feelings.**

Remember the glowing balls, the "core memories"? At the end, Joy notices that you can rewind and fast forward them, and that for each of the sad memories, there was joy somewhere after.

What do you do to tell grown-ups when you're sad? What helps you feel better?

What other feelings do you remember in the movie? (Anger, Disgust, Fear) All of our feelings are messages that our brain sends to our body, just like the headquarters.

**What does your body do when you feel these different feelings?**



### e-motion

/ə'mōSH(ə)n/

- a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others.
- instinctive or intuitive feeling as distinguished from reasoning or knowledge.



## Questions and Answers

### **Do I need to register to view the movies?**

No, you do not need to register to watch the movies. You are encouraged to watch the first two movies virtually or through DVD. Please see different viewing options below:

- A Beautiful Day in the Neighborhood: Available to stream on Amazon Prime and Hulu, to borrow at your local library, or by requesting a DVD in your viewing Party Pack (or call First 5 at 445-7389).
- Ka'm-T'em: A Journey Toward Healing: Available to stream on youtube.com at the link below <https://www.youtube.com/watch?v=twVEuNOU55w>
- Inside Out: Will be shown during a drive-in movie event on August 21, 2021 at Redwood Acres in Eureka. The gates will open at 7:30 pm and the movie begins at 8:30 pm.

### **Can I watch these movies at other times?**

Of course! The reason for the suggested dates for viewing the films is to create a shared opportunity to discuss the messages and themes of the movies during scheduled Facebook live events.

### **What is a viewing party?**

There are many ways to watch a movie. One way is through a viewing party. Do you have colleagues, friends, or family members that work with children and families? A viewing party is when you watch the film together with others so that you can talk about the events, themes, and messages in the movie. Check out our discussion guides or resources in the Party Packs!

### **What is a Party Pack?**

You can request a party pack (one per household) at any time during this event. It has some fun goodies, such as a First 5 Humboldt tote bag, water bottle, stress ball, discussion guides, and more! You can either scan the QR code on the schedule of events using the camera on your phone, or follow the link to the form: <https://www.surveymonkey.com/r/3MYZKYP>

### **How do I attend a Facebook Live event?**

To attend a Facebook live event, you would go to the First 5 Humboldt Facebook page at the time of the event: <https://www.facebook.com/First5Humboldt>

If you would like more information, please visit our website at [www.first5humboldt.org](http://www.first5humboldt.org) or email at [first5humboldt@co.humboldt.ca.us](mailto:first5humboldt@co.humboldt.ca.us)



*What role can you play in providing positive experiences for the individuals and families in your community?*

