

GSHPA TROOP LEADER MOVIE GUIDE TO

DISNEY PIXAR

The Incredibles 2

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Troop Leader Tip: Use the following guide with your troop as you all watch the movie virtually together! In this guide you will find snack ideas, discussion questions, activities the girls can do, as well as ways we can be more responsible in leaving less of a footprint on our Earth.

Virtual Movie Night Tips:


Options to Watch as a Group:

- 1) Google Hangouts
- 2) Skype
- 3) Facetime
- 4) Facebook Video Call
- 5) Multi-Way Phone Call
- 6) Zoom - free to use for 40 minutes (to use as a troop, girls can watch the movie on their own then join the Zoom meeting for discussion after!

- Tune into GSHPA's Zoom event before and after the movie, starting at 6pm, to join Girl Scouts all over council in getting excited for the movie and talking about it afterwards.

- Encourage girls to share their snacks, opinions, movie watching buddies, blanket forts, PJ selfies, and more! Girls can use #GSHPAmovienight on Instagram, Twitter and Facebook.

- Set a time with your troop ahead of time for when to start the movie and when to join in the troop discussion. GSHPA will have a Zoom event from 6-6:20, and 8:30-8:45. If you would like to have your own troop discussion at the end of the movie, share with girls and parents the method of meeting and the time so everyone can join in!



Snack Ideas:

Movie Night Snack Tray - Gather your favorite movie snacks or candy. Using a cookie sheet or other tray, arrange your snacks in bowls or on plates to create a colorful medley to snack on!

Pumped Up Popcorn - For this Pumped Up Popcorn snack, you will need 1 bag of popped popcorn, 1/2 cup red candy melts, 1/2 cup yellow candy melts, 1/2 cup black candy melts, 2 teaspoons of coconut oil or cooking oil, red and yellow sprinkles, and red and yellow M&Ms. Lay your popped popcorn out on a baking sheet. With an adult's help, place each of the colored candy melts in a microwaveable bowl, and heat for 30 second, stir, and reheat as needed. Add your coconut oil or cooking oil to thin the candy melts so that they can be easily drizzled. Drizzle the candy melts all over your popcorn. Add your sprinkles and M&Ms, then pop in the fridge for a little bit to let it cool. Once dry, enjoy!

Super Slushy - For this fun drink, you will need 4 cups of cubed watermelon - half frozen, half not, and 1/2 cup of diced mango. Combine all of your fruit in a blender and blend until slushy. If needed add a small amount of water or milk. Pour in glasses and top with a little extra mango and enjoy! This will make two servings.

Incredi-Kabobs - To create your Incredi-Kabobs, you will need 3-4 of your favorite fruits, 1-2 different kinds of cheese cubes, 1-2 types of meat (such as pepperoni, kielbasa, salami, etc.). You will also need skewers. Carefully place the fruit onto the skewers. You can get creative and make a pattern, or maybe even try to coordinate the colors to the colors in the Incredibles! Once finished making your fruit skewers, you can do the same with your meats and cheeses. Voila, you have Incredi-Kabobs to enjoy!

Troop Leader Tip: Make sure all girls have their snacks and move watching buddies ready to go before starting the movie. A quick bathroom break for everyone before the movie starts is always helpful too!

Discussion Questions:

- 1) The screen-slaver uses screens to control peoples minds. Do you think we are at risk of being controlled by our screens? What is the best way to prevent that from happening?
- 2) This movie shows some awesome examples of girl power, such as how Elastigirl is able to do an amazing job at work, while also caring for her family. The movie also shows us that a family can only be super if everyone works hard to help. What are some ways we see the other family members helping out in this movie? How do you support each other and share the workload in your family? Is there a way that you could be more helpful?
- 3) What is the most exciting adventure your family has gone on together?

4) Which character do you most relate to, and why?

5) In this movie we meet several superheroes with powers that at first glance don't seem very impressive. Even Evelyn doesn't think they are a threat, and so she underestimates what they can do. Has there ever been a time that you underestimated someone, but were proved wrong?

Activity Ideas:

Troop Leader Tip: These activities can be done by the girls on their own, but would be great to talk about at a future virtual troop meeting!

1) The costume or uniform for a superhero is one of the most important parts of his or her identity. Pretend you are Edna's assistant for the day, and design superhero costumes for your whole family! You can draw your designs on paper, or even have your family model actual clothing that makes up a costume!

2) The animators at Pixar who created the Incredibles first created concept art, before beginning animating on the computer. Instead of having detailed drawings for each character, they used paper and glue to create a more simple look for the characters.

For this project, you will need scissors, glue, a pencil, an assortment of colored or patterned paper, a ruler, and shape stencils if you have them. You can create your concept art for a superhero from the movie, or a superhero that you create! Start by thinking of the shape of your superhero. Curved lines are friendlier than sharp lines. Next, choose your paper colors, and start cutting shapes using your stencils, or things around the house, that fit your superhero.

Once you have your shapes, you can glue them to your paper. When finished, you will have the concept art design for your superhero!



What Can You Do?

Troop Leader Tip: The following are ways girls can become more aware of the footprint they leave on our Earth. Some of these ideas could also be a starting point for a service project that your troop can work on together!

1) Be a Hero

- Buddy turned into a villain because his hero treated him poorly and refused to help him. There are many things you can do to become a hero for someone who needs your help and guidance.
- A hero doesn't just intervene when they see wrong being done. A true hero is there to do good at any time. This might mean taking some extra time out of your day to perform a good deed. You can do anything from raking your neighbor's leaves for them, washing the car of an elderly neighbor for them, or buying groceries for someone in need.
- A hero can also be someone who thinks of others. Especially now, in a time that is difficult for many people. Even something as simple as making cards for front line workers, raising money to donate cookies to those workers, or writing letters to the elderly who are unable to see or hear from their family and friends is a great act of kindness!

2) Conserve Water

- In large cities like Metroville, the population can grow at a rapid pace, which uses up more and more of the city resources, such as nearby rivers. This can harm those rivers, as a higher need could mean the water sources risk being run dry. Even if you don't live in a large city, it is still important for us all to do our part to conserve water, so that this is a resource that remains available to us as long as possible.
 - Conserving water at home is as easy as small actions like taking shorter showers, watering the lawn only when needed, and only running the dishwasher when it's full.
 - You can also help with water conservation in your city by finding out how well your utility conserves water, and then following up with utility officials to let them know why it's important to you that they improve.
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