A GUIDE TO

Pixar's Soul



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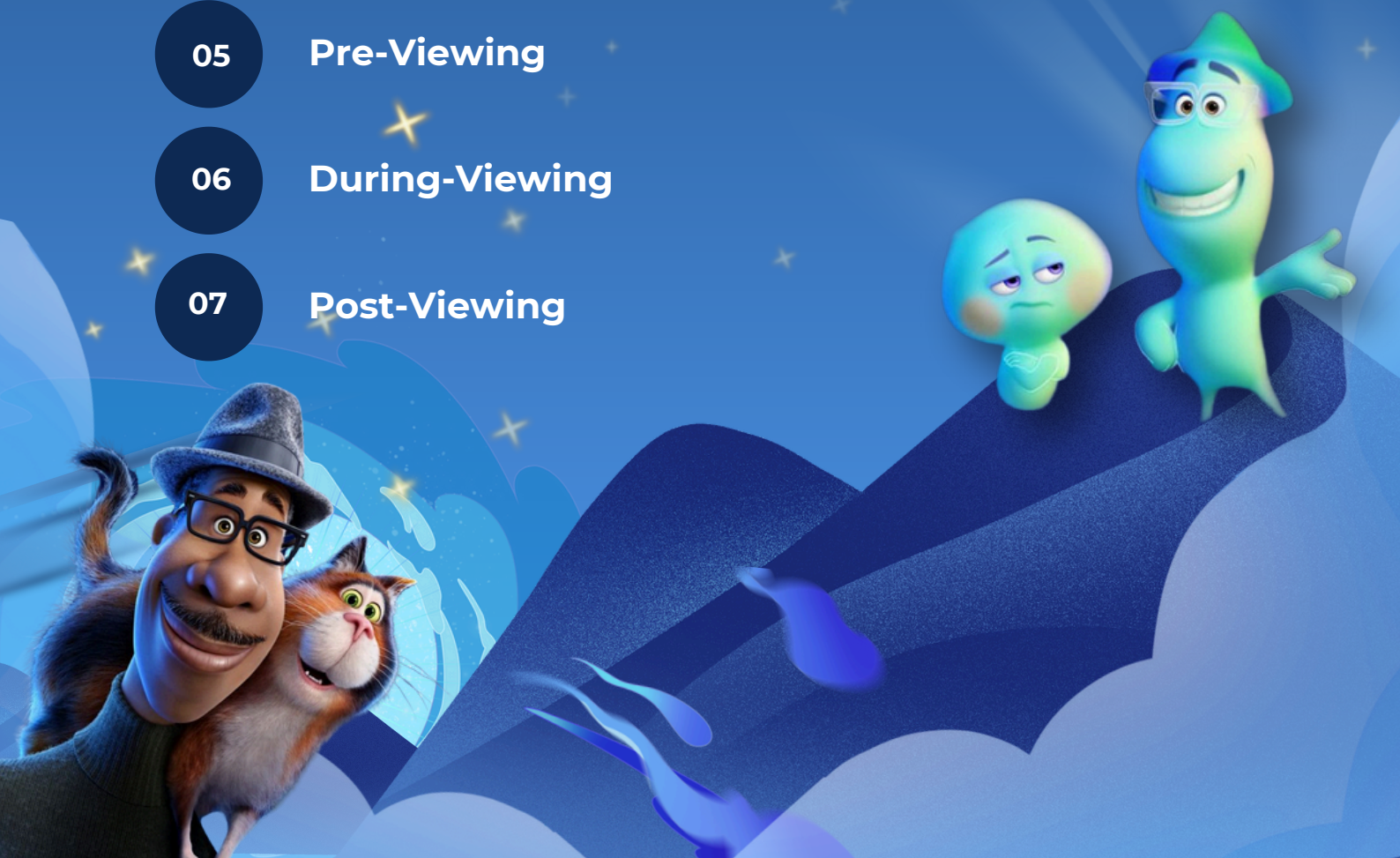


INTRODUCTION

PURPOSE OF THE GUIDE

This guide is designed to help parents and children engage meaningfully with Pixar's *Soul* by exploring themes of **wellbeing** such as **purpose, spark, and mindfulness**. Using the film as a starting point, it encourages **shared learning experiences** that are enriching for both children and adults. By facilitating conversations about these topics, the guide fosters **deeper connections and understanding within the family** while preserving the **joy and excitement** of watching the film.

The guide is divided into **three sections**: pre-viewing, during-viewing, and post-viewing. The **pre-viewing section** introduces key themes such as **purpose and spark**, offering prompts to spark curiosity and set the stage for meaningful engagement. The **during-viewing section** highlights significant moments in the film and encourages reflection. The **post-viewing section** focuses on **reflection and application**, providing activities to help families integrate the film's lessons into their daily lives.

The guide is intentionally **flexible** to suit each family's unique needs. There is no rigid structure, and families can engage with it in whatever way feels most meaningful to them. Parents can choose to focus on certain sections—pre-viewing, during-viewing, or post-viewing—or even specific activities within those sections. For instance, some families may skip the during-viewing section if they prefer not to pause the film or may disregard prompts that do not feel relevant to their experience. **The goal is to enhance the viewing experience without diminishing the enjoyment of the movie.**

By fostering **active engagement**, this guide seeks to **enrich the viewing experience** and inspire families to explore the dimensions of wellbeing depicted in *Soul*. Whether families follow the guide closely or adapt it to their preferences, the ultimate aim is to **create meaningful discussions and shared experiences** that resonate on a deeper level.

Disclaimer! There's no need to watch *Soul* in one sitting. Some children like to pause and continue later, or even watch it multiple times to soak it all in. Feel free to adapt the viewing experience to your family's rhythm.

INTRODUCTION

BEFORE YOU BEGIN

Before using this guide, take a few moments to plan how you'd like to engage with your child. This guide is designed to be flexible, so you can adapt it to suit your family's needs. Here are a few steps to help you get started:

01. Decide What Works for Your Family

Talk to your child about how you'd like to use the guide. Will you chat before the movie? Pause and reflect during the movie? Or save everything for after? There's no right or wrong way—just choose what feels best for your family.





02. Take a Quick Look Through the Guide

Skim the discussion prompts and activities so you know what's coming. Pick out the ones you think will click with your child.

03. Set the Scene for Fun

Let your child know what to expect. For example:

- "Before we watch, we'll talk a little about the movie and its big ideas."
- "We might pause here and there to chat about something cool that's happening in the movie."
- "Afterward, we'll talk about what we learned!"





04. Relax and Enjoy

This guide is here to help—not to add stress. Feel free to skip questions or activities that don't fit your child's mood or interests. The goal is to enjoy *Soul* and connect with your child in a way that feels natural.

INTRODUCTION

OVERVIEW OF SOUL

Synopsis

Joe is a middle-school band teacher whose life hasn't quite gone the way he expected. His true passion is jazz—and he's good. But when he travels to another realm to help someone find their passion, he soon discovers what it means to have soul.

Rate



Not for under **8s**, PG for **8-10s**, OK for over **10s** (Raising Children Network (Australia) Limited, n.d.)



Sexual Content (Mild)	Violence/Gore (Moderate)	Language (Mild)	Substance Use (None)
• A man kisses a woman on the lips in greeting • A man dances with thrusting hips • A woman wears a low-cut dress • A man tears his pants, revealing part of his underwear	• A character experiences an accidental death • There are precarious moments running across streets with busy traffic • A cat scratches Joe in the face • A cat slaps Joe across the face	*Soul* has some name-calling, including 'pain in the butt' and 'brat'.	No depictions of drug or alcohol use

Genre

Animation, Comedy, Fantasy, Drama

Initial release

11 October 2020

Length

106 minutes

Director

Pete Docter

INTRODUCTION

OVERVIEW OF SOUL

Cast



Jamie Foxx

AS



Joe Gardner



Tina Fey

AS



22

Where to Watch?

Disney

Google Play Movies & TV

Apple TV

Prime

Fun Facts

01 **Oscar Winner**
Won the Best Animated Feature award

02 **Historic Protagonist**
Featuring the first Black protagonist in a Pixar movie

03 **Real-Life Inspiration**
The character of Joe Gardner, a music teacher with dreams of becoming a successful musician, is inspired by a real person. Dr. Peter Archer, a middle school music teacher for 34 years and a professional trumpeter in New York City

INTRODUCTION

QUICK SUMMARY FOR PARENTS

Not enough time to read everything? Here's a **quick summary of *Soul*'s key messages**





Purpose vs. Spark

Your purpose gives you direction, but the little sparks in life—those everyday joys—are just as important.



Mindfulness

Life isn't just about achieving goals. It's about appreciating the small, beautiful moments along the way.



Balance

Pursue your dreams, but don't forget to connect with the people around you.



Relationships

Helping others, like Joe helps 22, can lead to unexpected self-discovery and fulfillment.

With this in mind, you'll be **ready to dive into the guide** or simply **enjoy the movie with your child!**

PRE-VIEWING

OBJECTIVE

Prepare children for the themes and concepts they will encounter in the movie.

INTRODUCE THE MAIN THEMES TO CHILDREN



01. Life Purpose

Definition

Your **life purpose** is like the big reason you feel you're here in the world. It helps guide your decisions and gives you a sense of direction and fulfillment.

Example

Some people feel their purpose is to help others. This could be through jobs like being a doctor or teacher, or through volunteering and helping friends.

02. Spark

Definition

Your **spark** is what makes you excited and happy in everyday life. It's something you love doing that makes you feel alive, even if it's not your job.

Example

Playing the piano might be your spark because it brings joy and relaxation, even if it's not what you do for work.

WHY PURPOSE & SPARK ARE IMPORTANT?

Purpose gives direction and meaning.

Spark provides joy and energy.

Together they contribute to a fulfilling and well-rounded life.

Example

Imagine someone who works as a nurse (purpose: helping others) and enjoys painting in their free time (spark: creativity and relaxation).





PRE-VIEWING

EXPLAINING THE DIFFERENCE TO CHILDREN

Analogy

- *Life purpose is like the destination on a road trip. It's where you're headed.*
- *Your spark is like the music and snacks that make the journey fun and enjoyable. You need both to have a happy trip!*

Discussion Prompt

Question

What activities make you feel excited and happy, even if they're not part of what you want to do when you grow up?

Example for Parents to Share

"I love drawing, but I work as a teacher. Teaching is my purpose because I want to help others learn and grow. Drawing is my spark because it helps me relax and express myself. Both teaching and drawing make my life complete."

Personalize It!

Feel free to share your own experiences. Use simple language and relate concepts to everyday experiences your children are familiar with.



PRE-VIEWING

Follow-Up Question

Question

How do you think your spark could change as you grow?

Suggested Answer

- As you grow, you develop new skills and discover new aspects of yourself. What excites you today might be different from what excites you in the future.
- Your environment, friends, and experiences can influence your interests. For example, a new hobby or a class at school might spark a new passion.

Encouraging Children to Reflect

1. *"Remember when you used to love [specific activity or interest]?"*
- This question helps children recall past interests and recognize how their preferences may have changed over time.
2. *"What are some things you enjoy doing now that you didn't before?"*
- Encourages children to think about new activities they've discovered and what excites them currently.
3. *"Why do you think your interests have changed over time?"*
- Invites children to explore the reasons behind their changing interests, such as new experiences, friends, or skills.

Example for Parents to Share

"I used to think my spark was only writing, but when I tried painting, I found a new passion. It's exciting to see what new things can bring joy!"

Personalize It!

Share how your own sparks have evolved over time. Emphasize the importance of trying new things and being open to change.



DURING-VIEWING

OBJECTIVE

Encourage children to reflect on key moments in the movie and explore themes like purpose, spark, and mindfulness as they watch.

SCENE 1:

22 Does Not Want to be Born (21:36-22:55)



Discussion Prompt

Why do you think 22 refuses to go to Earth and says life isn't worthwhile?

Context for Parents

Even though she acts like she doesn't care, 22 actually deeply cares about living on Earth and finding her purpose. She fears she will fail or not be good enough, and doubts Earth's meaning for her.

Reflection Questions for Children

1. What do you think makes trying new things scary for 22? Is it scary for you, too? Why?
2. Can you think of a time when you felt nervous about doing something new? What made it better?
3. What would you say to 22 to help her feel excited about going to Earth?

Personalize It!

Share a story about a time when you or someone in your family felt nervous about trying something new but ended up loving it. Talk about what helped you get past that fear and how you felt afterward. Use your story to encourage your child to see new experiences as something exciting rather than scary.

DURING-VIEWING

SCENE 2:
Joe Feels His Life is Meaningless (23:07-24:43)





Discussion Prompt

Why do you think Joe feels like his life is meaningless when he looks back on his memories?

Context for Parents

Joe focuses on his mistakes and things he wishes he did differently. He forgets about all the good things, like inspiring his students. Everyone has tough times, but those are just a part of the whole story.

Reflection Questions for Children

1. Why do you think Joe only remembers the bad moments and not the good ones?
2. Have you ever felt sad because something didn't go the way you wanted? What helped you feel better?
3. How can focusing on the good things in life help us feel happier?

Personalize It!

Share a story about a time when you doubted yourself or focused too much on mistakes but later realized you had done something meaningful or positive. Highlight what helped you see the good in your efforts and how that changed how you felt. Use your example to show your child that it's normal to have setbacks but that they are just one part of a bigger story. Focus on how your story can encourage them to look for the good in their own experiences, even when things feel difficult.

DURING-VIEWING

SCENE 3:
Curley's Voicemail About Joe's Teaching (45:07-45:53)



Discussion Prompt

Curley says Joe's class was the only reason he went to school. Why do you think Joe's teaching meant so much to him?

Context for Parents

Curley shares how Joe's love for music and teaching inspired him when school felt tough. This shows how much impact we can have on others, even when we don't realize it. Joe was so focused on being a musician that he didn't see how much his teaching mattered.

Reflection Questions for Children

1. Can you think of someone in your life who has helped you or inspired you, like Joe did for Curley?
2. How do you think Joe felt when he heard Curley's message?
3. What's one way you can inspire or help someone else?

Personalize It!

Talk about a time when someone thanked you or your family for making a difference in their life. Share how it felt to realize that your actions had a positive impact, even if you didn't notice it at the time. Use your story to show your child that small actions, like kindness or encouragement, can mean a lot to others. Focus on how your example can inspire them to see their ability to make a difference in someone else's life.

DURING-VIEWING

SCENE 4:
The Barber's Contentment (53:59-54:30)



Discussion Prompt

The barber says being a barber isn't his purpose, but he's still happy. Why do you think he feels that way?

Context for Parents

The barber finds happiness in his work even though it wasn't his dream job. He enjoys doing it well and connecting with his customers. This teaches us that happiness can come from finding meaning in the little things, not just from achieving big dreams.

Reflection Questions for Children

1. Can you think of something you do every day that makes you happy?
2. Do you think it's possible to change your dreams and still feel happy? Why or why not?
3. What's something small that you do really well and feel proud of?

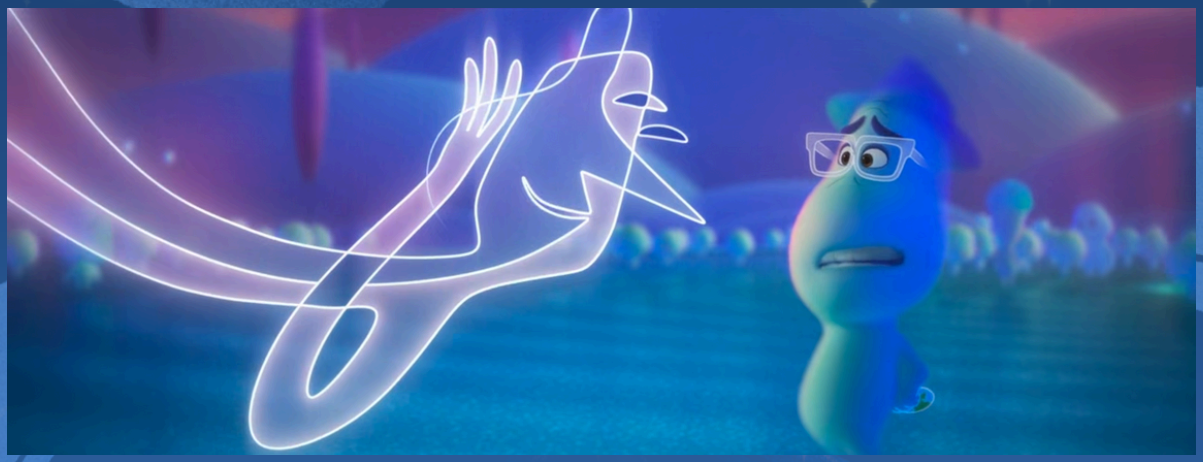
Personalize It!

Reflect with your child on how your own dreams have changed over time. Share an example of a time when something unexpected brought you happiness or fulfillment, even if it wasn't part of your original plan. Highlight how you found joy in small, everyday moments or connections. Use your story to encourage your child to see that happiness can come from making the most of their situation and finding meaning in the present.

DURING-VIEWING

SCENE 5:

Joe in the Great Before – What is 22's Purpose? (1:11:24-1:12:18)



Discussion Prompt

Why do you think Joe assumes 22's spark is her purpose? What does this scene teach us about finding meaning in life?

Context for Parents

Joe thinks having a spark, or passion, means having a purpose, but the Counselor in the movie tell him that sparks are exciting but don't define our entire purpose. Life can be meaningful even in small, everyday moments, not just through big goals.

Reflection Questions for Children

1. What do you think makes life exciting and meaningful, even if it's not a big purpose?
2. Do you think it's okay to not have a big purpose right now? Why or why not?

Personalize It!

Share an example of how you've found joy or meaning in simple moments, like spending time with family, enjoying nature, or learning something new. Highlight how your perspective on purpose has changed over time and how life isn't just about one big goal. Use your story to encourage your child to embrace small moments of happiness and understand that purpose can evolve as they grow.

POST-VIEWING

OBJECTIVE

Encourage reflection on the film's themes and explore how they can be applied to daily life.

DISCUSSION PROMPT

01. ***What do you think the movie's message is?***

Encourage your child to express what they believe the film is trying to convey about life, purpose, and happiness. Discuss how the movie explores the idea of finding joy in everyday moments.

02. ***Who is your favorite character, and why?***

Ask your child to identify their favorite character and explain what they like about them. This can lead to discussions about the characters' qualities, decisions, and growth throughout the film.

03. ***What did you learn from the movie?***

Prompt your child to share any lessons or insights they gained from watching *Soul*. Discuss how these lessons might apply to their own life and experiences.

04. ***What would you do if you were in Joe's or 22's position?***

Encourage your child to put themselves in the shoes of Joe or 22. Ask them how they might feel or act in similar situations, fostering empathy and critical thinking.

05. ***How do you think you can find your own spark?***

Discuss with your child the concept of a "spark" as something that brings joy and excitement. Encourage them to think about activities they love and how they can explore new interests.

06. ***What was your favorite part of the movie, and why?***

Ask your child to describe their favorite scene and explain what made it special. This can help highlight key moments in the film and reinforce its themes.

07. ***How did Joe and 22 change by the end of the movie?***

Discuss Joe's & 22's character development and how his & her understanding of purpose and fulfillment evolves. Encourage your child to think about what Joe & 22 learned and how it affected his outlook on life.

08. ***What is one thing you want to try after watching this movie?***

Inspire your child to think about new activities or experiences they might want to pursue after watching *Soul*. Discuss how trying new things can lead to discovering new passions and sparks.

POST-VIEWING

THE 5 WAYS OF WELLBEING

The movie *Soul* also touches upon the framework of the **5 Ways of Wellbeing**, that help individuals nurture their mental wellbeing and lead a more fulfilling life.



Connect

Talk and listen, be there, feel connected



Give

Your time, your words, your presence



Take Notice

Remember the simple things that give you joy



Keep Learning

Embrace new experiences, see opportunities and surprise yourself



Be Active

Do what you can, enjoy what you do. Move your mood

For further reading:
5 steps to mental wellbeing - NHS

5 WAYS OF WELLBEING WITH SOUL

Explore the *Soul*-inspired **5 Ways to Wellbeing**—Connect, Give, Take Notice, Keep Learning, and Be Active—paired with fun, easy family activities designed to spark joy, reflection, and connection in everyday life.

Connect



Joe connects with his mother during a heartfelt conversation where he opens up about his dreams and struggles. His vulnerability brings them closer, and she expresses her love and support in return.

Family Sharing Circle

- Gather as a family and take turns sharing one thing that made you feel connected to someone today (e.g., a kind word, a fun activity, or helping someone).
- Keep it simple by setting aside 5-10 minutes before or after dinner.

POST-VIEWING

Give



Joe helps his student, Connie, believe in her talent when she doubts herself. He encourages her to keep playing trombone, showing how giving encouragement can change someone's perspective.

Family Giving Challenge

- As a family, decide on one way to give back to your community (e.g., donating toys, writing thank-you letters, or baking cookies for a neighbor).
- Discuss how giving can make others and ourselves feel happier.

Take Notice

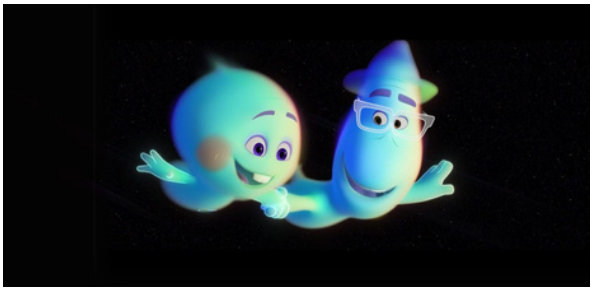


Joe's perspective changes when he begins to notice the small joys of life, like watching leaves fall, enjoying a slice of pizza, or listening to music in the park. This is when he truly understands the value of living in the moment.

Happiness Jar

Write down something positive each day (like a joke, a happy moment, or something you're grateful for) on a slip of paper and add it to the jar. Open the jar anytime to revisit joyful memories together.

Keep Learning



Joe and 22 both grow when they step out of their comfort zones. Joe learns to let go of his obsession with becoming a famous musician, and 22 discovers the beauty of Earth and the joy of living.

Family Discovery Jar

Write down topics or activities you'd like to learn about (e.g., dinosaurs, painting, or baking) on slips of paper and put them in a jar. Pick one each week to explore together.

POST-VIEWING

Be Active



When 22 experiences life on Earth for the first time in Joe's body, she delights in simple physical activities like walking, running, and dancing. These moments show how movement can bring joy and energy.

Movement Challenge

Set a simple daily movement goal for the family, like 10 jumping jacks, walking around the block, or stretching together in the morning. Celebrate when you've all completed it.

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"I'm Going To Live Every Minute Of It."

- Joe's Parting Words

As Joe's parting words remind us, the essence of life isn't found in chasing ambitions or reaching for fleeting goals—it's in truly living every moment. With this guide, I hope to inspire families to embrace the beauty of presence and connection, just as Joe learns to do in *Soul*.

Take the time to savor these moments with your loved ones, both during the movie and in the reflections that follow. By engaging with the themes of purpose, spark, and mindfulness, you're not only enhancing the experience of *Soul* but also enriching the journey of life itself.

So go ahead—live every minute of it.

Purpose and Mindfulness: A Parent-Child Discussion Guide Based on Pixar's *Soul*

My Student Devised Assessment focuses on how the themes of purpose and mindfulness in Disney Pixar's *Soul* can be leveraged to enhance wellbeing discussions between parents and children. The booklet guide I created serves as a tool to facilitate these discussions which aligns with the module "Understanding Wellbeing: Theory and Practice." The film *Soul* follows Joe Gardner, a music teacher who feels unfulfilled because he has not achieved his dream of becoming a successful jazz musician. An unexpected journey to the "Great Before" prompts Joe to mentor 22 and rediscover his own life's spark. This narrative explores the profound question, "What is my spark?" and delves into the balance between pursuing one's purpose and appreciating the present moment. The booklet guide encourages families to engage with the film's messages, foster their understanding of wellbeing, and hopefully apply them to their own lives. This project aims to transform media consumption into a shared, interactive experience that encourages meaningful connections and promotes wellbeing.

Joe has a clear purpose in life, namely to become a successful jazz musician. According to Frankl (1946), purpose is central to human wellbeing, providing individuals with a sense of meaning and direction. Similarly, research supports that having a purpose is associated with numerous positive psychological outcomes. People with a sense of purpose experience higher levels of self-esteem, optimism, and life satisfaction (John Templeton Foundation, 2018). Frankl's logotherapy, which focuses on the search for life's meaning, has been shown by the same foundation and Mukherjee et al. (2024) to significantly reduce symptoms of depression, loneliness, and anxiety, leading to higher psychological wellbeing. Additionally, their study shows that this approach strengthens resilience and improves coping mechanisms during stressful life events. Therefore, purpose is undeniably the core of optimal human development and psychological wellbeing.

However, Joe's journey introduces a twist to this understanding. His singular fixation on achieving his purpose–becoming a successful musician–leads him to neglect other aspects of his life. This goal-oriented fixation isolates him from meaningful relationships and blinds him to the beauty of his everyday experiences. Joe's story illustrates the potential dangers of over-identifying with one's purpose and the importance of balancing purpose with mindfulness.

Mindfulness emerges as a central concept in Soul, illustrating the importance of being present and appreciating life as it unfolds. Defined as the purposeful and nonjudgmental

awareness of the present moment, mindfulness enables individuals to disengage from automatic thoughts, habitual reactions, and dysfunctional patterns of behavior (Brown & Ryan, 2003; Kabat-Zinn, 2003). This practice fosters greater autonomy, authenticity, and emotional regulation, empowering people to live in alignment with their values and make intentional, self-determined choices (Carruthers & Hood, 2011). By focusing on the present, mindfulness helps individuals find fulfillment not just in achieving goals but in appreciating the journey itself.

The film emphasizes this lesson by showing Joe's transformation. Initially, he believes that achieving his dream will lead to lasting happiness. However, he learns that true fulfillment lies in noticing and savoring life's small, everyday moments–whether it is enjoying a hot slice of pizza or observing a leaf drifting in the autumn breeze. This message of mindfulness resonates with Aristotle's concept of eudaimonia in wellbeing, which refers to a state of human flourishing or fulfillment. Unlike fleeting happiness, eudaimonia acknowledges that purpose and suffering can coexist, allowing individuals to experience a deeper, more meaningful sense of wellbeing (Penn, 2021).

In analyzing *Soul*, the "5 Ways to Wellbeing" framework (NHS, 2022) offers a valuable perspective on the film's exploration of wellbeing. The elements of this framework–Connect, Be Active, Take Notice, Keep Learning, and Give–are closely linked with the characters and narrative in *Soul*. The Connect principle is reflected in Joe's relationships, where he initially isolates those around him because he is obsessed with achieving his dream. However, he gradually learns the importance of connecting with others. *Soul* also illustrates the principle of Take Notice through mindfulness and the value of living in the present moment. Through Joe, *Soul* demonstrates that fulfillment does not only come from accomplishments but also from appreciating and cherishing the simple everyday moments. Additionally, Joe's and 22's growth reflects the principle of Keep Learning, as Joe redefines his understanding of purpose and spark, while 22 discovers the potential joys of life. Likewise, the Give principle is reflected in the reciprocal relationship between Joe and 22. While Joe helps 22 find her spark, 22, in turn, helps Joe gain new insights into his own life. Using the '5 Ways to Wellbeing' framework to analyze *Soul* shows how the film aligns with and provides practical examples of wellbeing. Additionally, the booklet guide incorporates resources based on the NHS's "5 Ways to Wellbeing" framework.

The decision to create a booklet guide for parents to facilitate discussions with their children about Disney Pixar's *Soul* was driven by practical considerations and personal insights into the audience's needs. The booklet format provides parents with the flexibility to

engage with the material at their own pace, recognizing their busy schedules and varying levels of familiarity with the film's themes. Unlike video formats, which may require pausing and rewinding to locate specific segments, the booklet allows for easy referencing and revisiting of key points. This format enhances the co-viewing experience by fostering meaningful dialogue and reflection on the film's exploration of wellbeing.

Moreover, the booklet format offers a clear and comprehensive structure for guiding discussions, with pre-viewing, during-viewing, and post-viewing interactions designed to maximize engagement and reflection. The pre-viewing section sets the stage for both children and parents by introducing the themes of Soul, with discussion prompts designed to reinforce viewers' awareness and personal connections to the film's messages. During the viewing, the booklet guide recommends pausing at key moments to engage in conversations about the characters' experiences. The post-viewing section focuses on reflection, encouraging families to discuss what they have learned from the characters in Soul and how those lessons can be applied to their own lives and wellbeing. An activity-based reflection, the "happiness jar," is included for families to write about what makes them happy and place these notes in the jar.

A key element of the booklet is its focus on flexibility and personalization, offering examples and directions for parents. For example, parents are encouraged to share personal stories, such as: 'I used to think my spark was only writing, but when I tried painting, I found a new passion.' This serves as a template for reflection and effective communication. The guide also includes a 'Personalize It!' section to help parents tailor the material and motivate their children, reinforcing the film's themes in a way that is both relatable and impactful for them.

In contemporary society, television and other media are often used by parents as substitutes for direct childcare, serving as tools to occupy children while parents manage other responsibilities. This reliance on screen time is described by parents as a "lifesaver" and "coping tool" to ensure children's safety at home, although it may inadvertently reduce opportunities for parent-child bonding (Chong et al., 2023). Elias and Sulkin (2019) suggest that media choices are made not only to meet children's psychological and social needs but also to fulfill parents' child-rearing objectives. Despite these concerns, Family Systems Theory, as discussed by Coyne et al. (2014), proposes that media can enhance family bonds when integrated correctly into daily life. Media can foster connections by creating traditions, addressing significant topics, and establishing new family rituals, particularly in families with teenagers, where media plays a central role. Positive use of media, such as co-viewing, can enhance parental involvement, which is linked to reduced behavioral issues and improved

academic and emotional outcomes (National Institute of Mental Health, 1982). The booklet guide for *Soul* transforms media consumption into a shared, interactive experience by promoting co-viewing through structured discussions and activities that enhance parent-child interactions.

Bandura's (1989) Social Cognitive Theory, inspired my interest in how Disney movies can influence children's prosocial behaviors. Research highlights the potential of Disney films to promote prosocial actions, such as helping others, with Padilla-Walker et al. (2013) noting that Disney animated films depict prosocial acts frequently, and Coyne et al. (2016) finding that engagement with Disney princess media predicts future prosocial behaviors, particularly with active parental mediation. Similarly, de Leeuw and van der Laan (2017) demonstrated that children who viewed a Disney clip featuring a character helping a friend were more inclined to assist peers afterward. Despite the lack of research specifically examining Soul's effect on prosocial behavior, the film exemplifies prosocial actions through the kindness, empathy, and support demonstrated in the interactions between Joe and 22.

In creating the booklet guide for Soul, I faced several challenges and learning opportunities. One primary challenge was ensuring that the content was accessible and engaging for both children and parents. Balancing depth of discussion with age-appropriate language required careful consideration to maintain the booklet guide's effectiveness across different age groups. Although the guide includes instructions for personalization, the responsibility of adapting the language to suit their children's understanding lies with the parents, as this aspect is beyond the guide creator's control. The booklet is designed to facilitate rather than direct an exploration of *Soul*.

To improve the booklet, I would include a glossary of wellbeing terms written in child-friendly language to help parents explain concepts more effectively. I would also add interactive elements, such as digital resources or multimedia components, to increase engagement. Furthermore, collecting feedback from families who have used the booklet would provide valuable insights into its practical application and identify areas for improvement. Reflecting on this experience, I have gained a deeper appreciation for the challenges of creating tools that facilitate meaningful discussions on wellbeing and foster positive parent-child interactions.

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