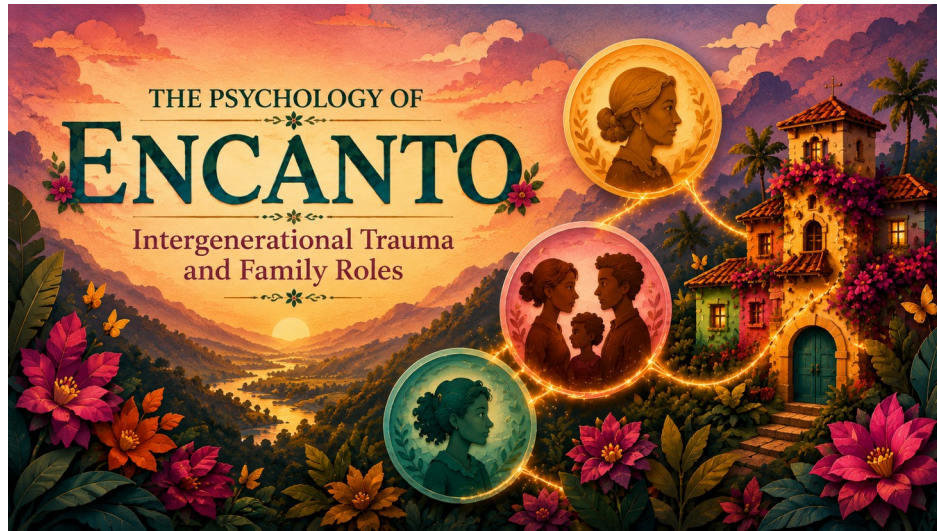




A Family Discussion Guide

Encanto looks like a story about a magical family, but underneath it is a careful picture of how pain and pressure travel down the generations. Abuela survived a terrible loss, and her fear hardened into a demand that everyone be strong, gifted, and useful. Mirabel, the one without a gift, becomes the family member who feels the cracks first. The film shows that what heals a family is not more perfection or pressure, but being seen and loved for who you are, not for what you can do. Watch it together, then use these questions to talk about family, pressure, and unconditional love.

Talk about it together

Little ones (4 to 7): How does Mirabel feel when she thinks she is not special like everyone else? Is it true that you have to be amazing at something to be loved? What makes you you, even without a magic gift?

Big kids (8 to 12): Everyone in the family feels they have to be perfect or useful. Where do you feel pressure to be the strong one, the smart one, or the easy one? Why does the family stop talking about Bruno, and what happens when we cannot talk about hard things?

Teens and up: Abuela's fear, born from real loss, became pressure she passed down without meaning to. What expectations or wounds have been handed down in your family? What would it look like to honor where they came from while choosing to carry them differently?

Try this at home

Say the quiet part. Name one thing your family does not usually talk about, gently, the way the family finally talks about Bruno. Naming it out loud takes away some of its power.

Loved for who you are. Tell each person one thing you love about them that has nothing to do with what they achieve or do for others. In this family, you belong before you perform.

About Dr. Michael Zakalik

A licensed clinical psychologist (Illinois and Washington, PSYPACT provider) with 20+ years helping children, parents, and families. He shares psychology-backed guides, tools, and stories for parents.

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