

THE PSYCHOLOGY OF MOANA:

The Call of the Horizon and the Voice That Will Not Be Silenced



Family Discussion Guide



Use this guide to connect as a family, talk about finding your own voice, and practice listening to who you are becoming.



BEFORE WATCHING

Set the stage and open hearts and minds.

- Have you ever felt pulled toward something even when others told you to stay where you are?
- What does it mean to be your “true self,” even inside a family that loves you?



WHILE WATCHING

Pay attention to feelings, callings, and turning points.

- What is the ocean calling Moana to do, and why does she keep returning to it?
- When does Moana try to be the “good daughter,” and when does she follow her own voice?
- What does Grandma Tala help Moana discover about who her people really are?



AFTER WATCHING

Reflect together and make meaning.

- Why does Moana keep hearing the call even after she tries to ignore it?
- How does Moana learn that the scary monster is really a wounded goddess who needs her heart back?
- What does Moana bring home to her people, and how does her father change?



FAMILY REFLECTION

Go deeper with empathy, honesty, and connection.

- What “ocean” is calling to you right now, even if it feels a little scary?
- Who in our family is like Grandma Tala, someone who sees who you really are?
- Try this, by age:
 - **Little ones (4 to 7):** “If you could sail anywhere, where would you go and who would you bring?”
 - **Big kids (8 to 12):** “When have you wanted something different from what others wanted for you?”
 - **Teens and up:** “Where is a quiet voice asking for your attention, and how could you listen this week?”



DR. Z TAKEAWAY

The question is not whether the ocean is calling. The question is whether we will, at last, sail.

Becoming fully ourselves is often the very thing that lets us give our family and community what they most need.



DR. MICHAEL ZAKALIK, PSY.D.
Psychologist for Parenting | Z Psychology



Connection heals. Conversations help.