

THE PSYCHOLOGY OF MY LITTLE PONY:

Social Learning, Repair, and Friendship

♥ FAMILY DISCUSSION GUIDE ♥

Use this guide to connect as a family, talk about how friendship is learned, and practice the work of repair after a fight.

1. BEFORE WATCHING



Set the stage and open hearts and minds.

- What makes someone a good friend, and is that something you can get better at?
- Younger kids: who is a friend you like being with, and what do you do together?

2. WHILE WATCHING



Pay attention to virtues, fights, and making up.

- When two friends disagree or hurt each other, what happens next?
- Which characters are very different from each other but still stay friends?
- Notice a moment where being too honest, too generous, or too loyal causes a problem.

3. AFTER WATCHING



Reflect together and make meaning.

- What did the friends do to repair things after a fight? What steps did that take?
- Can you have too much of a good quality like kindness or loyalty? When?
- What made it possible for such different characters to be close friends?

4. FAMILY REFLECTION



Go deeper with empathy, honesty, and connection.

- In our family, how do we make up after we argue or hurt each other's feelings?
- Older kids and teens: why do people sometimes mock others for liking something sincere or kind?
- Try this: each person names one small repair they could offer someone this week, an apology, a thank-you, or a kind word.

DR. Z TAKEAWAY



Friends are not the people who never fight. They are the people who fight and then find their way back. Repair is the skill worth teaching.



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Connection heals. Conversations help. ★