

# THE PSYCHOLOGY OF PADDINGTON

## ♥ Discussion Guide ♥

### *Belonging, Kindness, and the Inner Journey to Finding Home*

Use this guide to reflect on welcome, difference, and what helps someone feel at home.

Everyone  
is welcome  
here. ♥



#### Before Watching

- What helps a person feel welcomed when they arrive somewhere new?
- Have you ever felt like an outsider in a new place, school, or group?
- What small acts of kindness make a big difference?



#### While Watching

- Notice the moments when kindness changes how someone feels.
- What makes home feel safe: a place, people, or routines?
- When mistakes happen, who responds with grace and who does not?



#### After Watching

- What does this story suggest about belonging?
- How is home something that gets built over time?
- Why does being accepted for who you are matter so much?



#### Family / Group Reflection

- How do we welcome difference in our family or community?
- What kind of person do you want to be when someone feels out of place?
- Name one small way you can help someone feel more at home this week.

#### DR. Z TAKEAWAY

“Belonging is rarely instant. It grows through welcome, patience, repair, and the steady experience of being cared for. Home is not just where you arrive. It is where you are received.”

MARMALADE  
with  
kindness ♥

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



Understanding minds.



Strengthening connections.

