

THE PSYCHOLOGY OF THE SMURFS:

Labels, Roles, and the One-Word Self

FAMILY DISCUSSION GUIDE

Use this guide to notice the labels we hand each other, and to practice being more than one word.

KIND
BRAVE
SILLY
CREATIVE



1 BEFORE WATCHING

Set the stage and open hearts and minds.

- ✦ In this show, everyone is named for one thing, like clumsy or grumpy. Can a real person be only one thing?
- ✦ Younger kids: what are three words that describe you, not just one?



2 WHILE WATCHING

Pay attention to names, roles, and who gets left out.

- ✦ What is each character named for, and does anyone ever act differently from their name?
- ✦ Notice how many characters are boys and how many are girls. What is the one girl named for?
- ✦ Who is the enemy, and how does having an enemy seem to bring the village together?



3 AFTER WATCHING

Reflect together and make meaning.

- ✦ If people only ever call you one thing, how might that change how you act over time?
- ✦ Why do you think a world where everyone is just one thing feels cozy and easy?
- ✦ What is something true about you that a single word would miss?



4 FAMILY REFLECTION

Go deeper with empathy, honesty, and connection.

- ✦ What labels do we sometimes use in our family, like the funny one or the difficult one?
- ✦ Older kids and teens: has a label ever felt too small for you, and what did you wish people saw?
- ✦ Try this: each person names one surprising, non-obvious thing about someone else at the table.



DR. Z TAKEAWAY

A label can become a master status that hides the whole person. Real people are more than one word, and part of growing up is learning to see it in others and insist on it for yourself.

Connection heals.
Conversations help.

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