

THE PSYCHOLOGY OF THE WILD ROBOT

HOW MOTHERHOOD IS MADE, NOT BORN

DISCUSSION GUIDE

“I am not
his mother
because I was
built to be.
I am his mother
because I chose
to be.”



This guide is designed to spark thoughtful conversation about the powerful psychological themes in *The Wild Robot*.

Use these questions to explore the film's messages about motherhood, attachment, growth, and letting go.



1. MOTHERHOOD IS MADE, NOT BORN



- What does Roz teach us about how maternal abilities are learned?
- Can you think of real-life examples of people who became “mothers” through care and commitment rather than biology?
- How does the film challenge the idea that mothers instinctively know what to do?

2. ATTACHMENT IS BUILT THROUGH TIME AND CARE



- How does Roz form a secure attachment with Brightbill?
- What moments in the film best show their bond growing?
- Why is consistent presence and responsiveness so important in building trust and security?

3. THE VILLAGE IT TAKES: CO-CAREGIVING



- How do Fink, the opossums, and the other animals support Roz and Brightbill?
- What does the film suggest about the importance of community in raising children?
- How can we be part of someone else's “village” in our own lives?

4. GROWTH THROUGH MISTAKES



- Roz makes many mistakes while learning to be a mother. What do these mistakes teach us?
- How does the film show that progress—not perfection—is the goal?
- How can we give ourselves more compassion when we're learning something new?

5. LETTING GO IS ALSO LOVE



- Why is it so hard for Roz to let Brightbill migrate?
- How does she know he is ready to go?
- What does the film teach us about the pain—and the purpose—of letting our children grow beyond us?

FINAL REFLECTION

“Roz's journey reminds us that love is not about being perfect or programmed. It's about showing up, learning, and choosing to care—every single day.”



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



Understanding
minds.



Strengthening
connections.