

THE PSYCHOLOGY OF TURNING RED

Discussion Guide for Parents & Kids

Domee Shi's *Turning Red* is a beautiful story about growing up, family, and the messy middle of becoming yourself. Use these questions to spark meaningful conversations with the kids in your life.

BEFORE YOU WATCH

- ★ Look at the poster or trailer. What do you think the movie will be about?
- ★ What does it mean to be a "good daughter" or "good student"?
- ★ What kinds of feelings are sometimes hard to talk about?

AFTER YOU WATCH: BIG PICTURE

- 1 What was your favorite part of the movie? Why?
- 2 What is the movie really about beneath the magic?
- 3 How did Mei change from the beginning to the end?

THEMES TO EXPLORE TOGETHER

1 PUBERTY & BIG EMOTIONS



- ★ What do you think the panda represents in the movie?
- ★ How do Mei's feelings change throughout the story?
- ★ What helps you when your emotions feel overwhelming?

2 THE PERFECT DAUGHTER



- ★ What are some pressures Mei feels from her mom?
- ★ Can love and pressure exist at the same time?
- ★ How can parents show love without losing sight of who their kid is?

3 FAMILY INHERITANCE



- ★ What patterns do you see in Mei's family?
- ★ What do you think Ming's mom was like?
- ★ What is one pattern in your family you want to keep or change?

4 FRIENDSHIP AS IDENTITY



- ★ Why are Mei's friends so important to her?
- ★ How do friends help us figure out who we are?
- ★ What makes a good friend?

5 THE MOTHER'S PANDA



- ★ What do you think Ming has been holding inside?
- ★ Why do you think she finally "pandas"?
- ★ What helps your big feelings come out in healthy ways?

6 CHOOSING INTEGRATION



- ★ How did Mei and her mom grow together in the end?
- ★ Why is it important to be yourself and stay connected?
- ★ What does integration look like in your own life?

FINAL THOUGHT

If you could give Mei one piece of advice, what would it be?

Remember: Becoming yourself doesn't mean losing the people you love. You can be both.

ACTIVITY IDEA

Create a "This is Me" collage with things you love, dream about, and want to remember about who you are.



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



Understanding
minds.



Strengthening
connections.