



A Family Discussion Guide

Up begins with one of the most moving portraits of love and loss in film. Carl loses Ellie, the love of his life, and ties himself to their house and their unfinished dream, carrying his grief like a weight he cannot set down. His journey, alongside a young boy named Russell, is about discovering that honoring someone we have lost does not mean staying frozen in the past. We can carry their love forward into new adventures and new connections. Watch it together, then use these questions to talk about loss, memory, and growing forward.

Talk about it together

Little ones (4 to 7): Why is Carl so sad at the beginning? What are some ways we remember people or pets we miss? Who helps Carl feel happy again?

Big kids (8 to 12): Carl holds tightly to his house because it reminds him of Ellie. When is it good to hold onto memories, and when does holding on too tightly keep us stuck? Who is someone new that Carl lets into his life, and how does that help him?

Teens and up: The film shows grief as a weight we carry and, slowly, learn to set down without forgetting. Where in your life are you holding onto something out of love or fear? What would it look like to honor the past and still move forward?

Try this at home

The memory box. Together, name one way to keep a lost person, pet, or chapter close, a photo, a story, a tradition, that honors them without keeping you stuck.

Open the next page. Ellie's adventure book saved blank pages for the stuff she still wanted to do. Each person names one small new adventure to fill a blank page this month.

About Dr. Michael Zakalik

A licensed clinical psychologist (Illinois and Washington, PSYPACT provider) with 20+ years helping children, parents, and families. He shares psychology-backed guides, tools, and stories for parents.

psychologistforparenting.com · zpsychology.com



Scan to visit