



MEMORIES & MEANING



From the movie **WAR HORSE**,
in theaters December 25, 2011

Does a particular smell bring you back to a favorite childhood activity? Does a song make you think of a particular family vacation? Objects, smells, and places can be powerful reminders of events or feelings from the past. Select an item or object in your house that has a special meaning to you and answer these questions.

1. *Why is this object important to you or your family?* _____
2. *How does the object make you feel?* _____
3. *Where did the object come from?* _____
4. *Is the object associated with any hardships or struggles?* _____
5. *Why has this object been saved?* _____
6. *What do you hope happens to this object in the future?* _____

Tell the story:

Now document the story—this time from the object's perspective! Choose any style (short story, poem, photo essay, art piece, etc.) and be creative.



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INNER STRENGTH

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Characteristics such as loyalty, bravery, and resilience can help you build an inner core of strength. You use these characteristics to help you make decisions and guide you through tough times. But you're not the only one with these kinds of skills. Reach out to an adult you trust to discuss difficulties they have faced, and ask the following questions to help find out where they find their inner strength.

Questions to ask:

1. *What does the word resilience mean to you?* _____

2. *Can you talk about a time in your life when you had to be resilient?* _____

3. *In what way(s) did this event affect your life?* _____

4. *Are there moments in your life when you wish you had been more resilient?* _____

5. *Do you feel that people today need to be more or less resilient than in the past? Why?* _____

6. *How would you encourage others to be resilient in their own lives?* _____

Continue the discussion:

It can be tough to be resilient amid the pressures of school, friends, and even parents. Talk openly with trusted adults about the pressures you may face and how you can stand up to pressure.



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