



## THE INCREDIBLES



### Synopsis:

Fifteen years ago, superheroes walked the streets of Metroville performing acts of great heroism and inspiring many to follow their example. But a string of lawsuits by disgruntled people they had helped led to political and public outcry, and the Supers were forced into retirement and government-funded anonymity. Bob Parr used to be Mr. Incredible, one of the greatest and strongest Supers; now, he lives a mundane life as a suburban insurance agent.

### Discussion Questions

- Each character in the film had his or her own superpower. Which superpower would you want the most out of those in the film? Is there a different superpower that you would want? Why?
- Superboy says you can be a superhero without powers. Can you think of any superheroes that don't have natural superpowers? How did they become superheroes?
- Even though you probably don't have superpowers, what are some of your talents that you consider to be "superpowers?" What do these superpowers help you do?
- The Incredibles all had superpowers (even Jack Jack). Is there something that makes your family stand out or makes them seem different? What are the types of things that you all like to do together (besides fighting crime, of course).
- What is the most exciting adventure your family has ever gone on together?
- Why do you think Violet had a hard time using her powers at times? What changed for Violet that allowed her to use her powers?



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## Activities

- The costume or uniform for a superhero is one of the most important parts of his or her identity. You're Edna! Design superhero outfits for your family.
- The Parr family came together when they worked as superheroes together. Plan an outing for your family. Promote teamwork and give everyone a job to do to prepare for the day.
- Make an Incredibles mask with construction paper and yarn to wear around the house when you're feeling "incredible".

## Get Involved

Buddy turned into Syndrome because his hero, a man that could have been a mentor to him, treated him poorly and refused to help him. There are many things you can do to become a hero for a person who needs your help and guidance.

- Help a new kid at school get used to things. Introduce yourself and introduce them to your friends. Just show them the ropes!
- Join a mentoring program at your school for kids younger than you. If your school doesn't have one, try talking to the guidance counselor or the principal about starting one.
- Tutor someone in a subject at which you excel at school.



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