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DISCUSSION GUIDE

Developed by Heartland Truly Moving Pictures to accompany *UP*, recipient of the Truly Moving Picture Award, an honored distinction given to films that unlock the vast potential of the human spirit and enable us to view stories that display courage, integrity and hope, taking entertainment to a higher level.

TrulyMovingPictures.org

Disney.com/UP





Table of Contents

Introduction	2
Discussion Points	
The Art of Storytelling	3
Relationships	4
Take Action	5
Moving Moments	6



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One Film Can

Heartland Truly Moving Pictures, a non-profit organization, recognizes and honors filmmakers whose work explores the human journey by expressing hope and respect for the positive values of life. We believe that one film can move us to laughter, to tears, or to make a difference. *Up* is a film that demonstrates that One Film Can.

Synopsis

From the revolutionary minds of Pixar Animation Studios and the acclaimed director of *Monsters, Inc.* comes a hilarious uplifting adventure where the sky is no longer the limit.

Carl Fredricksen, a retired balloon salesman, is part rascal, part dreamer who is ready for his last chance at high-flying excitement. Tying thousands of balloons to his house, Carl sets off to the lost world of his childhood dreams. Unbeknownst to Carl, Russell, an overeager 8-year old Wilderness Explorer who has never ventured beyond his backyard, is in the wrong place at the wrong time - Carl's front porch! The world's most unlikely duo reach new heights and meets fantastic friends like Dug, a dog with a special collar that allows him to speak, and Kevin, the rare 13-foot tall flightless bird. Stuck together in the wilds of the jungle, Carl realizes that sometimes life's biggest adventures aren't the ones you set out for.



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The Art of Storytelling

Since Pixar's debut feature film, *Toy Story*, in 1995 Pixar has been bringing powerful stories to the screen in their signature way. *UP* is Disney/Pixar's 10th film.

Written and directed by Pixar veterans Pete Docter and Bob Peterson, *UP* tells the story of 78-year-old retired balloon salesman Carl Fredricksen as he sets out to fulfill a lifelong dream.

Discussion Questions

- *UP* is a film that does not merely entertain, it also contains life themes that resonate with many different people. What about *UP* most resonated with you?
- John Lasseter, director of *UP* quotes, "Walt Disney always said, 'For every laugh, there should be a tear.' I believe in that." How does Lasseter's approach to *UP* fit into Disney's philosophy?
- Many of the voice talent in *UP* are well known, but many are also unknown talent who are part of the Pixar creative team. Story board artists and sculptors voiced characters, as well as co-Director and writer Bob Peterson who voiced Dug the dog. What does this say to you about the nature of collaboration at Pixar and the distinct way in which stories there are told?
- Like the Pixar film *WALL•E*, *UP* utilizes the poignancy of silent storytelling. How does silent storytelling affect you differently than sequences with dialogue?
- How would the impact of the sequence in which Carl and Ellie grow old together been different had there been dialogue? Why do you believe this?
- Color plays a very significant role in *UP*. When watching the film, focus on the relationships that Carl develops over his lifetime and examine the presence of colors and vibrance. How do the colors change as his relationships change?
- Think about the juxtaposition between Carl's demeanor and the collection of brightly colored balloons he sets off with. What other ways does color play a role in *UP*?



Relationships

UP explores a number of different relationships throughout the course of the film. Use the examples in the film and the discussion prompts below to engage your group to think about the value of relationships in everyone's life.

Discussion Questions

- At age 78, Carl Frederickson is an unlikely hero. He goes on an adventure to make up for the one he and his late wife Ellie never got to take. Discuss Carl's sense of regret. Can you identify with his regret at feeling as though life got in the way of his plans with Ellie?
- Ellie's pictures in the Adventure Scrapbook that Carl discovers at the end of the film help him realize the two of them didn't need to take a big adventure together to make their life together valuable. Did this help you think about your life, and the relationships and journeys in it any differently?
- On Carl's adventure to escape the world, what does he ultimately learn? How do the relationships along the way help him?
- Consider Carl and Russell's friendship and how it evolves. What do you believe each of them goes into the relationship expecting and what does each of them end up taking away from the friendship?
- How does Russell help Carl see things differently? How do you think having Russell in his life helped him open up to Kevin the bird and Dug the dog?
- Although both Kevin and Dug can be seen as purely entertainment roles, what examples of friendship did each portray in the film?
- Carl and Russell share a true friendship because both of them benefit from their relationship. How does each character benefit from the friendship of the other?
- *UP*, like other Pixar films, is one that connects to those both young and old. It examines those emotions we feel as children, but also follows Carl's journey as he grows up. If you saw *UP* with a child, how did you each view some of the scenes? Did you take away the same meaning and value?



Take Action

Although Russell and Carl don't hit it off at first, Carl ultimately realizes the value that Russell's friendship has in his life, as well as what his presence means in Russell's life. Using the themes of friendships and relationships in *UP*, think of those things you can do to get involved of the life of someone else, even, if like Carl, at first you don't think you need any one else in your life.

Use these ideas to help get you started.

Reach out

- Russell longs for a male role model in his life and Carl evolves into that figure as the movie progresses. Think about what your presence in a child's life can mean and explore the opportunities to become a mentor for an organization in your community.

Visit www.mentoring.org for more information.

- Dug is a loyal dog who helps make the adventure for everyone just a little better. Find an animal therapy group in your area with which to volunteer.

Visit www.therapyanimals.org for more information.

- Russell is a Wilderness Explorer who hasn't really ventured past the city limits before his adventure with Carl. Think of some things that you can do to bring wilderness adventures to youth in your organization. It can be as simple as creating a terrarium with local native plants or creating a small container garden on a porch or on a sidewalk. It can also take the form of looking for nature in the city, such as finding different types of plants and bugs. A trip to the zoo can be an enriching experience as well.

Additional Activities

UP is a unique family film because it provides discussion points for both young and old. It's an action/adventure film that examines a lot about life. To get the whole family involved in activities surrounding the film, go to family.go.com/disney/up-movie-seg and download templates to build 3-D characters from the film, you own adventure book to fill in and much more.



Moving Moments

UP has been honored as a Heartland Truly Moving Picture Award-winning film. This award was created to honor films released theatrically that align with Heartland's mission to recognize and honor filmmakers whose work explores the human journey by artistically expressing hope and respect for the positive values of life.

These award-winning movies are made up of moving and inspiring moments — those moments that cause you to think, see something in your life differently, be inspired to take positive action. It's what makes the movie and its message remain with you well after you've left the theater.

Think about *UP*. What were the moments that stood out to you? How did they make you feel? How will they cause you to think about things differently in the future? Share those moving moments with others at TrulyMovingPictures.org. Simply login, or create an account if you don't already have one, and search the movie list for *UP*. You can leave your review or comments about this film under the "Review" section.



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