



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Family Movie Night-*I Wish You Knew*

***I Wish You Knew* by Jackie Azúa Kramer**

Estrella misses her dad when he has to leave because he was not born in this country. She feels alone and wishes she could share her angst with someone. Other students and staff at her school also have worries. Because Estrella opens up about her situation, other students and adults feel comfortable to share their stories under the branches of the oak tree where compassion and empathy grow.

The movie that complements this month's book is *Raya and the Last Dragon*.

Please review the movie before watching as a family. Movie suggestions are from Common Sense and full reviews can be found under Parental Guidelines for movies:

Raya and the Last Dragon (age 8+)

<https://www.commonsensemedia.org/movie-reviews/raya-and-the-last-dragon>

Raya and the Last Dragon (age 8+)

1. What makes Raya a strong, independent character? How does she demonstrate courage, perseverance, and teamwork?
2. Most of the movie's main characters are female, and all of them are based on Southeast Asian traditions. Why is it important to see a wide range of representation in the media?
3. The filmmakers have said that the movie was inspired by many real Southeast Asian cultures and traditions. Did you notice any in particular (for example, Thailand or Cambodia)? Use interest in Raya as a stepping stone to learning more about individual cultures and peoples from Southeast Asia, like the Thai, Khmer, Malay, Lao, and Vietnamese cultures.
4. Why do you think filmmakers would choose to set it in a fictional country over a real one?
5. How do the different characters handle their grief at losing loved ones? Have you ever lost someone close to you? How did you react?
6. Families can talk about which parts of *Raya and the Last Dragon* were scary. Does animated violence impact kids differently than live-action violence?

Ways to Reinforce this Lesson at Home:

Active Listening

Active listening means paying attention to what another person is saying without interruption or judgement.

You can practice active listening as a family by:

- Sit facing each other.
- One person is the speaker and the other the listener.
- The speaker will talk about a personal experience, a feeling, or a topic they are passionate about, while the listener will actively listen without interrupting.
- Set a timer. Start with short time periods to help develop listening skills. While you are listening, practice nonverbal body language: eye contact, head nodding, smiling, and gestures.
- You can use some of the questions above to practice active listening.

Paraphrase Back:

- After the speaker has finished talking, the listener will then repeat back what they heard to make sure they fully understood the speaker's message.
- Use phrases like, "I heard you say..." or "It sounds like you are feeling..." to reflect back what was heard without adding any interpretation or judgment.

Follow these steps:

- Take a breath and pause for a few seconds.
- Paraphrase what you heard. Say, "what you are saying is"
- Ask a question for clarification if needed.
- The roles are then switched.

The use of active listening allows one to gain insight into the speaker's experience. It encourages perspective-taking, which in turn builds empathy.