



# Bridges Together

## UP: An Intergenerational Movie Night (or Morning or Afternoon)



The movie UP is a great intergenerational story about Carl and Ellie, childhood friends who grow *up* and get married. When Carl and Ellie are children, one of their heroes is an explorer named Charles F. Muntz who inspires them to travel around the world. Once married, they purchase the abandoned house in which they played as children and fix it up nicely. Carl and Ellie grow up and save their money to go to a fictional place called Paradise Falls. The movie nicely depicts the aging process from childhood to older adulthood – including Ellie’s passing. After she’s gone, Carl designs a way to make his house go *up* and over to Paradise Falls using balloons! He gets quite the surprise when a young Junior Wilderness explorer named Russell happens to be on his front porch and then, Carl and Russell have an adventure of their own....

Plan an intergenerational program that could easily last 3 hours. You can hold it during a school vacation day or as an afterschool program or in an early evening. Perhaps you’d like to show this during the school day as a celebration of Grandparent’s Day (the first Sunday after Labor Day) or Intergenerational Awareness Month in September. Invite older adults or children to bring their friends and loved ones. Don’t forget “grandfriends” – the friends who are as close as grandparents or grandchildren! You can also invite scouting troops to a senior center to enjoy this activity.

Using our Recipe for Intergenerational Success – a flexible structure – we offer this suggested format:

### Ice Breaker

Using an icebreaker activity is a perfect way to start your event and help make people feel comfortable.

- Rotating Circles: Have people form two circles – one on the inside and one on the outside – with the people facing each other. First, Have the inside person introduce herself to the person she is facing and share about a place she would like to explore and explain why. Second, have the outside person answer the same questions. Third, have the inside circle shift to the right one person and repeat steps one and two.

- Sign Up! Put seven signs up around the room with the names of the continents. Invite people to gather at the continent of their choice. Once there, have them share their names and why they would want to go there. Want a twist? Ask them to think about something from that continent that begins with the first letter of their first name. For example, in Antarctica, Paula Penguin.

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## Mini Lesson

A big theme in this movie is the fictional place called Paradise Falls in Venezuela. It is based on the real water fall called Angel Falls in Venezuela. A few fun facts:

- Angel Falls is the largest water fall in the world with a 979 meter drop off.
- You can find many pictures of Angel Falls on the internet and show them to the participants. You may also find videos on how waterfalls form.
- Ask people what waterfalls they've visited – perhaps Niagara Falls in New York and Canada.

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## Main Activity

Have people watch the movie UP together. Make sure that people sit with those from different age groups.

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## Life Reflection Questions

After the movie, break up into groups. Have people discuss *ANY* of the following questions:

- What did Ellie consider to be her real adventure? What do you consider to be your greatest adventure?
- Do you need to travel around the world to have a great adventure?
- Paradise falls is based on a real waterfall called Angel falls in Venezuela. Have you ever been to a waterfall? If so where? What did you think of it?
- The explorer Charles F. Muntz is a hero to Ellie and Carl in the beginning of the movie. Do you have a hero whom you'd love to meet? What kind of person did Charles F. Muntz turn out to be? Have you ever had a hero who turned out to be different than you thought?
- Have you had an unlikely friendship? How did it come about? What did you learn from that experience?

- What kind of qualities do you look for in a friend? Use adjectives to describe what type of friend Ellie was. What kind of friend was Carl? What kind of friend was Russel?
- What did you learn about aging from the movie? How does Carl and Ellie's experience compare or contrast with your own attitudes?
- How do you feel about how Carl was treated by the people who wanted his home? Have you ever felt like Carl in that situation? If so, when and why?

## Life Reflection Questions

We offer a variety of activities based on the multiple intelligences theory. Choose one or two that you would like to do with your group.

### Body Smarts:

- Using masking tape or string, measure out 979 meters and see how long it is. How many steps is it for each participant?
- Once the house lands, Carl and Russell have quite the physical challenge trying to get over to Angel Falls. Set up an obstacle course or relay race for the participants.



### People Smarts:

- Interview people about the different places they have visited. Compile a travel book with what you learned.

### Self-Smarts:

- Print out the Life Review questions and give people a blank sheet of paper to convey the answers. They may choose to use words or pictures. If possible, provide an array of materials like markers, crayons, colored pencils and more.

### Word Smarts:

- Make balloon messages for people in the community. Use index cards or cut card stock into 4x6 rectangles. Put a message of encouragement on each square. Attach the square to the balloon string. You can use a hole punch and tie the ribbon to the square. Deliver these to a local shelter, hospital or nursing home.

#### Logic Smart:

- Balloon Experiment: Fill dozens of balloons with helium for each group of 5 or 6 participants. You can get these inexpensively at a paper or party store or a gift shop. How many balloons does it take to lift a pencil? How many balloons does it take to lift an empty bottle of water? Have people experiment with other objects.
- Divide people into dyads (groups of two) and have them plan an adventure. Allow them to use the internet to research how they can complete the adventure and how much it would cost. Have them brainstorm ways they could save money. Perhaps they could make a piggy bank out of sports water bottles and duct tape.

#### Music Smart:

- Play the music from the UP soundtrack which can be found on YouTube.
- Find some songs about friendship and share them with the group.
- In the movie, music is used to convey different emotions. Make your own soundtrack using homemade instruments like rice in a bottle, drums made from canisters. What does happy sound like? What about scared?

#### Picture Smart:

- Carl has a beautiful scrapbook. Make a life story photo album or simply a timeline with milestones. Use words, photos people bring or pictures from magazines.
- Using recycled materials, make buttons like Ellie did.

#### Nature Smart:

- Go outside, lie on the grass like they did in the movie and see what pictures you find in the clouds.
- Carl and Russel were helping to save Kevin and her babies. What different birds live in your area? What are the largest? What are the most common? Go outside and see how many birds you can see.

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### Summary Discussion Questions

- Ask someone from each group to report back to the entire group on their activity or one thing they learned from the day's experience.
- Have people write down one thing they want to remember from the experience or one thing they want to do because of the experience.

## Snack Time

We always like to share a snack or meal at an intergenerational event. It's a great way to have informal sharing and interaction. Of course, you can serve popcorn during the movie. Another idea is to make a "Pile Up!" Put out saltines and items people can pile up on them – like cheese, cream cheese, pickles, ham, pepperoni, cucumbers, roasted peppers, tomato sauce and more. An alternative would be to pile *up* fruit on a long skewer.