

Going Deeper

In the film, Alexander says, "You gotta have the bad days so you can love the good days even more". We can see this in the book of Ecclesiastes, chapter 3, verses 1 - 8. How does this help you during the bad times? What does it mean during the good times?

In Romans, chapter 8, verse 28, it says, "We know that in everything God works for the good of those who love him". What does that mean to you?

In 1 Thessalonians, chapter 5, verse 18, we are told to "Give thanks whatever happens". When we read Psalm 34, it is all about giving thanks to God. Sometimes though, it can be difficult to thank or praise God. What does it look like for you to give thanks during the hard times?

Give
thanks

The BIG Question

What makes a terrible, horrible, no good, very bad day better for you?



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Family Film Night

Alexander and the Terrible, Horrible, No Good, Very Bad Day

Escape into your
Comfort Zone



Activities

Play food based games.

Get some ring doughnuts and attach them to some string. Attach the string to the ceiling and then see who can eat their doughnut the fastest, WITHOUT using your hands!

Grab some marshmallows and have a game of Chubby Bunnies. What other games can you play? **NB** Parental supervision is required for food based games.



Make your own music!

Be like the Cooper's and make your own music together!



Make something for someone.

Sometimes, making something, or doing something, for someone else can help us feel happier and make their day better!

What could you make, or do, for someone?

Wondering

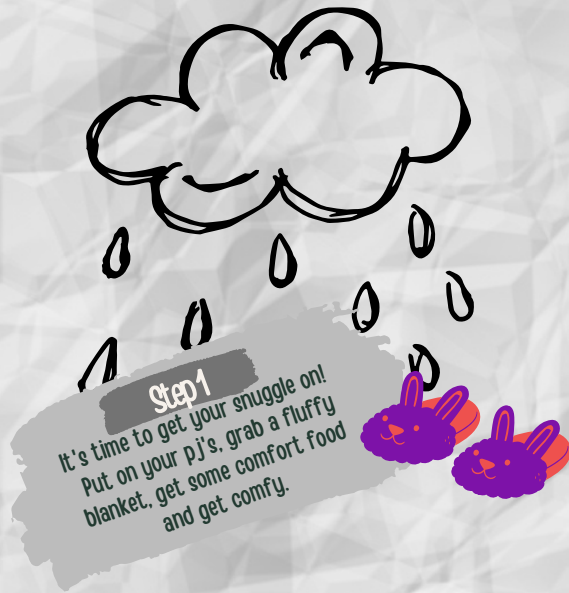
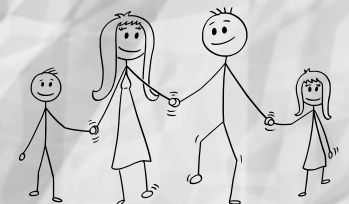
If you were to make a wish, like Alexander did, what would it be?



One of the Cooper's quirks was to sit in the car and start making music together. Some families will suddenly burst into show-stopping songs! Others might love to play Question Tennis.

What is your family's quirk?

In the film, we see the Cooper's behind a restaurant, sharing their frustrations together (by kicking and throwing bins) and finding comfort with one another. Where do you, as an individual and a family, find comfort when times are tough?



Step 1

It's time to get your snuggle on! Put on your PJ's, grab a fluffy blanket, get some comfort food and get comfy.



Step 2

Snuggle in and watch the film!

Step 3

Have a chat (perhaps while you're doing the activities). What spoke to you in the film? Where do you see yourself or God in the film?



Step 4

Have a go at some of the activities!

