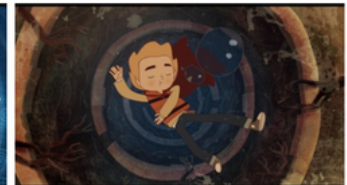




After watching the movie, please take some time to discuss the following questions. Please try to keep your answers brief so that everyone has a turn to share their thoughts. It's okay if you don't have time to get through all the questions.

## Coping With Grief and Emotions

1. This movie tells the story of a little girl who turns into a seal, but many of the other characters change during the course of the movie. How do Ben, Saoirse, and their father change from the beginning to the end of the film?
2. Why does Macha turn her emotions into stone, and why is this dangerous? How does she finally change?
3. Music plays a major part in this film. The grandma turns on the radio to calm the children, Ben listens to loud music on his headphones when he is angry, the fairies play a song to cheer up Saoirse, and the shell is an instrument that connects the kids to their mother. How does music affect your emotions? What role does music play in your spiritual practices?
4. Many things are passed down from mother to children to remind them of their heritage: songs, stories, a magic shell, and a selkie coat. What has been passed down in your family to connect you to your ancestors?
5. On important burial mounds in Ireland (like for example Newgrange) you'll often find the spiral symbol. Spirals also show up often in this movie. What do you think they represent?





Mac Lir



Father



Macha



Grandmother

## Our World, and the World of Myth

6. How is the grandmother similar to Macha, the owl witch? How did she try to control the emotions of her son and grandchildren?

7. How is the father similar to Mac Lir? How was he affected by his grief?

8. Most of the story takes place on Halloween, when Celtic lore teaches us that the veil between worlds is thinnest. Why do you think this day is significant in the movie?

9. The Great Seanchaí, is a fairy that holds a story in each of his long hairs. Ben also writes down the stories that his mother told him, so that he can remember and share them. His father, on the other hand, refuses to talk about the past. How can sharing stories be healing? How can stories help us grieve and honor our loved ones?



This discussion guide was created by Tree of Knowledge Community Coven for the women of Madison Correctional Facility and encourages personal reflection around the topics of myths, culture, and theology. For more Pagan prison ministry resources, please contact [support@treeofknowledgeindiana.com](mailto:support@treeofknowledgeindiana.com)