READY TO USE MOVIE

# Us Again (U)

Watch the whole episode, it’s only six minutes long

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## Synopsis

*Us Again* is a Disney animated short film that follows an elderly couple, Art and Dot, as they rediscover the joy of dance in their youth. Set to a vibrant soundtrack of jazz, funk and soul, the film explores themes of ageing, nostalgia and the importance of staying young at heart. Through their dance, Art and Dot break free from the monotony of their daily routines and find a renewed sense of energy and connection with each other. Ultimately, *Us Again* celebrates the timeless nature of love and the transformative power of movement.

*Us Again* was created by director Zach Parrish and choreographer Keone Madrid. Relying on excellent music and without any dialogue, *Us Again* allows the viewer to draw their own interpretation of the story and to reflect on their own lives.

## The film

This clip used in this session is aimed at groups of all ages, however the questions are more aimed at those eleven-plus. With that in mind, chat through the following questions to help settle them into the discussion format:

* What is your favourite song / musician and why?
* How has your taste in music changed over the years?
* Is there a certain point in your life that they feel nostalgic for? (You may need to explain the concept of nostalgia.)

The short film focuses on an elderly couple and follows them as they rediscover their joy of dancing and youth. The story begins with the couple’s routine day, but Art discovers a magic watch that transforms them into their younger selves. They dance through the city streets and relive memories of their youth, including their wedding day and early dance performances. However, they face challenges, such as a group of young dancers who initially reject them. And soon the watch’s power starting to fade. Nevertheless, they persevere and eventually find themselves on a rooftop, where they dance in the rain and the magic of the watch is fully restored. The film ends with Art and Dot returning to their elderly forms, but with a renewed sense of energy and connection.

After watching the film together, chat through the following questions:

* What emotions did you feel while watching *Us Again*? Did the film inspire any memories or feelings of nostalgia for you?
* Art and Dot seem to have lost touch with their youthful selves. Why do you think it’s important to keep doing things that make you happy, regardless of your age?
* How does the film use music and dance to convey its message? What is the role of music and dance in your life?
* What do you think the film is trying to say about the importance of staying young at heart? Do you agree with this message?
* The film doesn’t have any dialogue, relying on visuals and music to tell its story. How effective did you find this in conveying the message of the film?

## The Bible

Building on the short film from today, read 2 Corinthians 4:16. Some context for this passage will be necessary for the group. Afterwards chat through the following questions:

* What do you think it means to “not lose heart” in this verse?
* How can we maintain a positive attitude in the face of adversity, and what are some practical ways to do so?
* In what ways can we renew our inner selves, and why is this important for our overall well-being?
* How can we support and encourage others who may be going through difficult times?
* Is it unrealistic to expect us to be transformed from the inside out, what steps should someone take to pursue this transformation?

*Us Again* is available to stream on Disney+.

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