

Sisters

The Summer We Found Our Superpowers

A Discussion Guide

Movie Summary: Nine-year-old Vega and her rambunctious five-year-old sister Billie set out on a playful camping trip with their father, but must embark on an unexpected adventure to save dad after he takes a fall. Tested by the crisis, these remarkable sisters triumph by discovering the superpowers in their relationship and within their hearts. This beautifully crafted film set in the Norwegian wilderness strikes a perfect balance between scary, sweet, anxious and funny.

Film Notes: Family Feature - Directors Silje Salomonsen & Arild Østin Ommundsen | Norway 2020 | 78 min | Grades 4-8 - North American Premiere -In Norwegian with English subtitles



Guiding Questions (before you watch):

- This movie is filmed in the beautiful Norwegian Wilderness. Watch for the landscapes, the vistas that make you experience the story in a particular way. Is this hike something you would want to do with your family?
- What are some of the ways this story is told? How does the director make use of images, sound, dialogue, silence, music? Notice the orchestral music. How does it make you feel?
- Watch for all of the ways that Billie brings her superpowers to the adventure. What does she pull out of her backpack/purse?
- The two actors playing Vega and Billie are sisters in real life and the daughters of the filmmakers. How do you think the family relationship plays a role in this film?
- What techniques do you think the filmmakers use to draw us into this story?

Reflection Questions (after you watch)

- "Hiking with papa was like a fairytale." In what ways was this adventure like a fairytale? Can you think of the qualities of a fairytale that the hike has?
- Vega and Billie are asked to head into the wilderness to seek help when their father falls into a hole. Billie draws a map - because "it's better than not having a map." Is it better? Why, or why not?
- Vega's superpower is that she "is normal." Do you agree that Vega is "normal"? What might you say is one of your superpowers?
- What role does the mother play in the film? What do you think she adds to the story?
- Were you surprised by the unicorn?
- What do you think Billie's superpower was?
- Vega says, "This was the summer my family lost the map." What do you think she means by this? How does considering this relate to something in your own life?
- If you were going on an adventure like this, what would you pack in your purse or backpack? What if you knew you were going to be alone in the wilderness?