

# All of Our Shadows

**“It’s like sometimes I have this thing and it’s like chasing me”**

The film All of our Shadows explores themes of uncertainty and anxiety from the perspective of a young person today. The 7-minute film follows a day in the life of a teenage boy as he faces his fears and concerns and learns, with the help of his friends, the importance of resilience and camaraderie.

## **WATCH THE FILM**

[vimeo.com/752859603/8d09af5487](https://vimeo.com/752859603/8d09af5487)



Inform the students that they are about to watch a film that focuses on a teenager and a typical day in their life.

The film can be run straight through and the discussion can take place after the film using the suggested discussion points below. However, to gain the most from the session, it is recommended to pause the film at the mid-point and check in with students' feelings and responses, as suggested below.

## MID-FILM CHAT

Pause the film at the scene where the main character is about to enter the building (02:40)

Pose the following questions. Students should discuss this in pairs or small groups.

What's going on in this film?

What do you think this character is running from?

How old is he?

Where is he going?

What is this monster or shadow?

What could it represent?

How is the character feeling?

What do you think is going to happen to him?

## POST-FILM CHAT

Pose the following questions. This is best facilitated as a whole class discussion, allowing the students to draw on their previous conversation in pairs or small groups.

What is happening in the main character's mind?

What images flash up for him when he walks through the world?

How does he experience the world around him?

Are his friends best placed to help him?

How is the character feeling?

What do you think this character is running from?

What is this monster or shadow? What could it represent?

Do all the characters have the same worries? Are some different to the others? Why?

Do some people find it easier to talk about what is worrying them? Why?

## DO WE ALL HAVE SHADOWS?

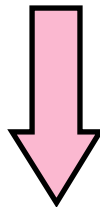
Some “shadows” are bigger than others, or just seem bigger at certain times. Some “shadows” pass very quickly. What personal skills and attributes do we need to eliminate “shadows”?

Allow the students 3 minutes for private reflection.

Without getting into conversation, ask the students to give one word that could have helped the boy in the film. The teacher or activity leader should say the first word and write it on a flipchart or board. E.g., friendship, trust, resilience, talking, sharing, etc.

Once you have a short list or relevant words, open the discussion to the class to explain how these ideas would have helped and at what point they could have been implemented.

End the session by asking, “What lesson do you think the boy learnt by the end of the film and what have you learnt from the All of our Shadows film?”



Go to our [website](#) to download more free education lesson plans and activities or email [info@allofuscampaign.com](mailto:info@allofuscampaign.com)

All of Us Schools' Campaign is a Women's Interfaith Network Project funded by Dangoor Education