

ELEMENTAL

Plot

Ember, a fiery young woman, lives with her immigrant parents who run a family shop in Element City. When her temper accidentally bursts a water pipe, she meets Wade, a gentle water inspector. Despite being from opposite elements, they form an unlikely bond while trying to save her family's store. As Ember learns more about herself and what she truly wants, she must choose between family expectations and following her heart—with Wade showing her that love can bridge even the biggest differences.

For more resources to help teens and young adults learn healthy relationship skills, visit dibbleinstitute.org



Clips & Discussion

Judgment & Belonging

 **Clip – 00:34:32–00:34:14 (Alternate: 1:00:59–1:02:42) *Ember's parents believe “Fire and Water don't mix.” Ember shares a childhood story about being excluded from the museum. Wade helped Ember see that their connection is possible.***

- Have you ever felt judged or left out because of who you are or who you care about?
- How does that kind of pressure affect the way you communicate or set boundaries?
- What helps you bridge differences and show understanding?

Listening with Empathy

 **Clip – 00:35:09–00:35:50 *Ember shares a painful childhood memory. Wade listens with empathy and validates her feelings instead of trying to fix them.***

- What does healthy support look like in a friendship or relationship?
- Why is listening sometimes more powerful than giving advice?
- How can empathy strengthen trust among people?

Honesty & Courage

 **Clip – 01:23:28–01:26:00 *Ember finds the courage to be honest — with Wade about her feelings and with her father about what she really wants.***

- Why is it so scary to be honest about how you really feel?
- Do you think honesty is worth the risk?
- How can being honest build self-respect and trust?

Different Ways of Communicating

 **Clip – 00:22:00–00:22:40 *Ember and Wade have very different communication styles — Wade is reserved while Ember expresses freely.***

- Are you more like Ember or Wade when it comes to showing emotions?
- How does understanding someone else's perspective change how we communicate?

Mind Matters 2.0:
Lessons 5-9

Love Notes SRA 4.1:
Lessons 1,2,6 & 9

Emerging Relationships:
Lessons 2-6