

Hidden Lives Illuminated: Reflection Guide

THEME: THE VIEW FROM INSIDE

Original *Hidden Lives Illuminated* Films



Paul M., *Nostalgia*

- Watching a movie late at night, the filmmaker is reminded of a childhood memory. He decides to make a phone call.



David G., *Freedom*

- The filmmaker reflects on time lost and the consequences of one mistake many years ago.



Aaron W., *Where Did It Go?*

- There are many twists and turns on the highway of life, but time waits for no man. "Don't miss your exit."



Lamar L., *My Kids*

- The filmmaker encourages his children to learn from his mistakes and strive to be a leader not a follower.



Qwasheam R., *Lymph Notes*

- The filmmaker chronicles his journey through illness and incarceration.

Student Reflection Questions

- How do the stories in the film challenge or reinforce your views about incarceration and people in prison?
- If you wrote a message to one of the filmmakers, what would it say?
- What did the films reveal about the challenges of incarceration?
- Were there moments of personal growth or resilience that inspired you? What were they?
- In what ways did the filmmaker reflect on their past decisions, and/or their sense of goals for the future?