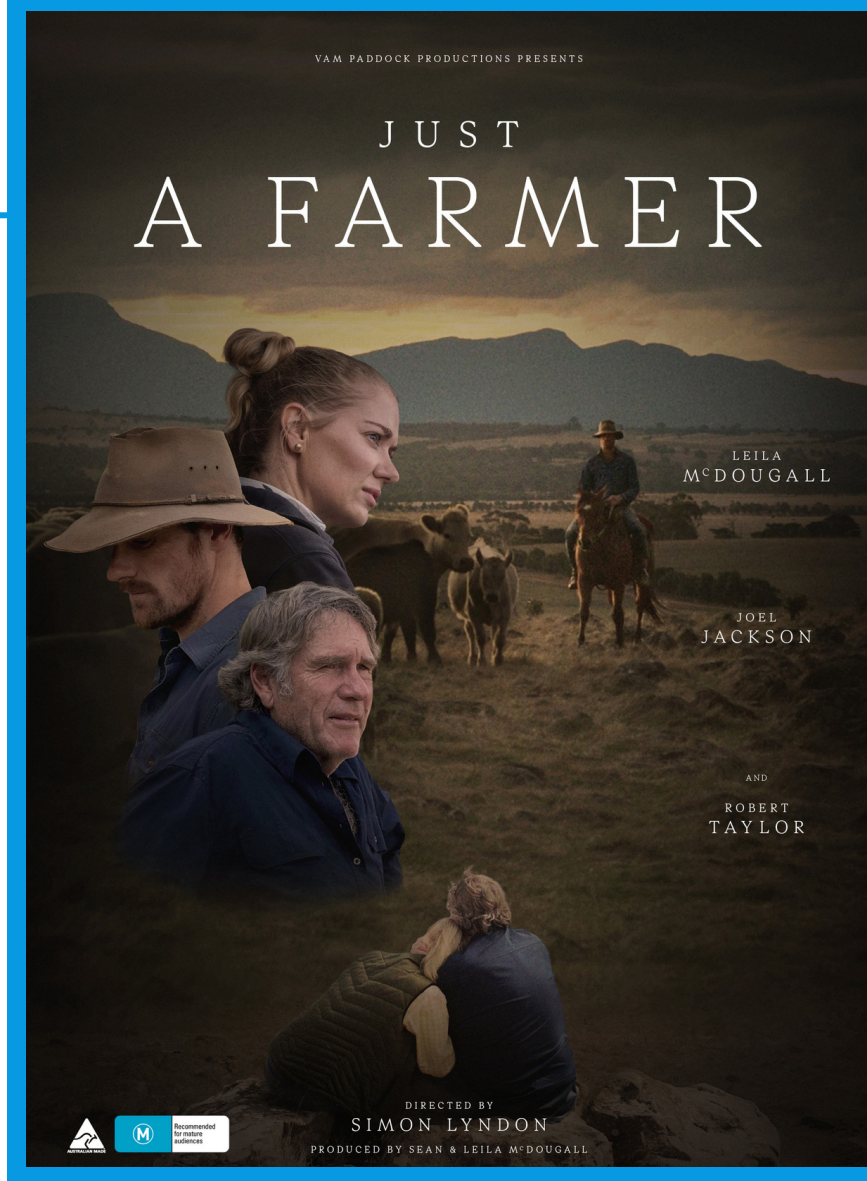


JUST A FARMER

EDUCATIONAL RESOURCES

WHAT STUDENTS WILL LEARN

"Just A Farmer" is a powerful film that tells the story of a farming family facing challenges in rural Australia. Through the eyes of the characters, children will learn about the importance of resilience, the struggles of mental health, and the strength found in community support. They'll discover the realities of life on the farm and gain a deeper understanding of the emotional toll it can take. Above all, the film teaches valuable lessons about empathy, kindness, and the importance of reaching out for help when needed.



Work sheets & Activities Available

- Mental Health and Wellbeing
- Empathy
- Visual Language
- Self Reflection

To access these resources please visit www.justafarmer.net

JUST A FARMER

Talking about MENTAL HEALTH

Consider the impact of loss and grief on the characters' mental well-being. Choose a character and how they navigated their emotions?

Where they started

Where they finished

Explore the concept of resilience as portrayed in the film. List 3 strategies that helped the characters to overcome challenges?

1 _____

2 _____

3 _____

Discuss the role of communication in addressing mental health issues. Were there instances in the film where open dialogue could have made a difference?

Why is it important for Alison to talk to her kids about what happen to their father?

Why do we not say 'They committed Suicide' when talking about someone who has taken their own life?

What language should we use when we are talking about someone who has taken their own life and why is it important that we use this language?

Why do you think people in Rural communities a 95% more likely to suffer from mental health issues in comparison to those living in metropolitan areas?

JUST A FARMER

Reflections of Empathy

What is Empathy?

How do you think the characters in "Just A Farmer" demonstrate empathy towards each other? Provide examples from the film.

Describe a scene from the film where you felt empathy for one of the characters. What made you empathize with them?

Brainstorm ways in which you can demonstrate empathy towards others in your school or community, inspired by the examples set in the film.



**HOW CAN YOU SHOW
EMPATHY?**

J U S T A F A R M E R

Self Reflection

Reflect on a scene or moment from the film that resonated with you personally. Why did it stand out to you?

How did watching "Just A Farmer" make you feel? Did it evoke any specific emotions or thoughts?

What is it that you feel in your mind and body when you feel these emotions?

If you need assistance in processing these emotions what is the best way you can seek assistance?

List 6 facilities, resources or people you can seek help from when you are struggling with your mental health.

Visual Analysis



What in this title captures your attention first? Why is your eye drawn to it?

What makes the 'R' in the word FARMER different to other letters in the title?

Do you think the letter 'R' is subconsciously communicating what some of the themes of the movie are? What do you think it is communicating with us?

Why do you think the film is titled 'JUST A FARMER' and what is the significance of the word 'JUST'?

Why do you think the 'Title Designer' chose this font for the title? Font name - 'Rhetorik Serif'.

JUST A FARMER

The Visual Language of film

Explain the visual language used to convey the changes in Owen's mental health to the audience. Consider filmic techniques such as camera angle, costuming and props, sound, and mise en scène.

Analyse the scene just before Alison finds Alec. Consider the mood and foreshadowing when she is outside and then enters the shed. Consider diegetic/non-diegetic sound, lighting, mise en scène, etc. and explain how this is achieved.



Explore the stigma surrounding mental health in the film. How did it affect the characters' willingness to seek help? In scenes with little or no dialogue, how was this stigma and its effects on characters conveyed to the audience using visual language?

Reflect on Alison's journey throughout the film. How did she demonstrate resilience in the face of adversity? What is the most important message that you take away from the film?

What is the visual language being said in this scene? the significant relationship between the lamp being on and then going off?