

Discussion Questions for the *My Octopus Teacher* Movie

1. Why did Craig Foster begin a daily diving regimen? How was it filmed? Where was it filmed?
2. Did you connect with the protagonist, the octopus? Did the protagonist have a name? Did she have a memory?
3. What portion of the life of the octopus did Foster record? What is the usual life expectancy of a cephalopod? How did you feel when he did not intervene or help at critical moments, like when the shark attacked or she gave birth?
4. Do you think this movie was part of why the UK declared some octopuses, crabs, and lobsters as sentient beings in 2001?
5. What is the range of temperatures in a kelp forest? Why? Describe the self-discipline needed to form a relationship with the octopus and record the information.
6. How is climate change affecting kelp seaweed forests? How do kelp forests help climate stability?
7. Why do you think Foster said, “What she taught me is to feel that you are part of this place. Not a visitor. And that’s a huge difference.”
8. How did the story show love, friendship, connection, and hope? Do you think it was a love story?
9. How does cold water stimulate brain activity? How long did Foster and the filmmakers have to hold their breath?
10. What is living science, according to the Sea Change Project?

Have you had a “teacher” in nature? Tell about your experience.

