

The Incredibles

(Cartoon/Adventure) (2004)
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Major Characters

Mr. Incredible/Bob Parr.....Craig T. Nelson

A superhero with super human strength, who loves to help others fight evil people and other evil powers. Unfortunately, the government forces him to become just a regular citizen, and thus he is forced to work for an insurance company.

Elastigirl/Helen Parr.....Holly Hunter

A superhero who has the super human ability to stretch her arms and legs hundreds of feet long, who marries Mr. Incredible and soon finds herself raising a family with him as a normal housewife in the suburbs.

Frozone/Lucious Best.....Samuel L. Jackson

A superhero who has the ability to create huge amounts of ice in seconds, in order to fight fires and evil people. He joins the Parrs in agreeing to lead a life as a normal citizen.

Syndrome/Buddy.....Jason Lee

A young kid who idealizes Mr. Incredible like a rock star, but who grows up to become an evil creator of deadly machines because of his anger at Mr. Incredible, who refused to let Buddy work with him.

Dash Parr.....Spencer Fox

Bob and Helen Parr's young son, who has superhuman speed.

Violet Parr.....Sarah Vowell

Bob and Helen Parr's teenage daughter, who has the superhuman ability to both disappear as well as create invisible 'force shields' around people, that protect them from being attacked.

E Mode.....Brad Bird

A tailor that has always made the suits that Mr. Incredible and Elastigirl have worn throughout their careers.

Gilbert Huph.....Wallace Shawn

A government agent that helps Mr. Incredible and other superheroes start a new life as normal citizens.

Mirage.....Elizabeth Pena

An attractive young woman who Mr. Incredible thinks works for a secret government agency, but who really works for Syndrome.

Plot Summary

This movie is a cartoon about superheroes with extraordinary powers, but it still feels like a film about everyday people. It centers on a superhero named Mr. Incredible, who has incredible super human strength, and who uses that strength to save the world from evil people, machines and others who are determined to harm the innocent. Unfortunately, Mr. Incredible is a victim of modern American society, when he is sued by a person whose life he saved, but who did not want to be saved (i.e....who wanted to commit suicide).

After more lawsuits are filed against him and other superheroes, the American government forces Mr. Incredible and the others to give up their "hero work" and become normal citizens living a normal life. In Mr. Incredible's case, this means becoming Jack Parr, a guy who works for an insurance company.

Just before they are forced into non-heroic lives of normalcy, Mr. Incredible marries Elastigirl, who has her own special powers. Together, they create a typical American family in a typical American suburb, except for the fact that their two kids and baby, Violet, Dash and Jack-Jack, also have superhuman powers! The parents insist that their kids never use these powers, so that their true identities will remain secret, but this is especially difficult for Bob himself, who very much misses being a superhero.

One day a secret government department contacts Bob to see if he could do some superhero work, and Bob is very happy to do so. Unfortunately, it turns out that this government department is in fact an evil organization run by Syndrome, an angry young man who invents machines to beat superheroes like Mr. Incredible (When Syndrome was a kid, he wanted to join Mr. Incredible, but he was not allowed to, and he has been determined to get revenge ever since). Soon, Mr. Incredible finds himself in deep trouble and fighting for his life, but with the help of his superhero wife and kids, he is able to fight back so that once again, good beats evil....

Some Words and Expressions that You May not Know

*Mr. Incredible works hard to save the world from evil,
but still finds some time to marry Elastigirl...*

Every superhero has a secret identity.

Another name, personality and life that is kept separate from one's true identity (Superman's secret identity was Clark Kent).

Can you see me in this at the supermarket? **Come on!**

The most common and versatile phrasal verb in English, meaning everything from 'hurry up' to 'please.' Here, it means 'be serious!'

They think it strengthens the relationship or something like that.

“To strengthen” something is to make it stronger.

I don’t want to know about your mild-mannered alter-ego.

If a person is “mild-mannered,” they are gentle and usually calm.

A person’s “alter ego” is their second self or identity, or possibly a close friend who is just like them.

You tell me you’re a super-mega-ultra lightening babe!

“Mega” and “ultra” mean extreme or going beyond normal limits.

A “babe” is a common slang word for a good looking woman.

No matter how many times you save the world,
it always manages to get back in jeopardy again.

If a person is “in jeopardy,” they are in great danger.

I just cleaned up this mess; Can we keep it clean for 10 minutes?

A “mess” is a dirty or cluttered area with lots of trash or junk,
or more generally, as here, a bad or difficult situation.

Settle down? Are you kidding? I’m at the top of my game.

“To settle down” is to calm down. If a person is “kidding,” they are saying something in a joking or not serious manner. If a person is at “the top of their game,” they are doing their profession (as athlete, actor, superhero, etc.) as well as they have ever done it.

We interrupt for an important bulletin.

A “bulletin” is an announcement of important news.

A high-speed pursuit between police and armed gunmen
is underway, traveling Northbound on San Pablo Avenue.

A “pursuit” is a chase. If a person is “armed,” they
are carrying a gun or other type of weapon.

He’s quite tame.

“Quite” is a useful adverb that is not as strong as ‘very.’ If an
animal or person is “tame,” they are well behaved or not dangerous.

All units; We have a tour bus robbery.

In this context, a “unit” is a group of two or more police officers.

Cool! Ready for take off!

“Cool” is a very common slang word meaning very good or excellent.

“To take off” is to lift skyward into the air, the way a plane or rocket does.

You’re that kid from the fan club.

A “fan club” is a group of people who share much love for an interest
in a particular star, such as a famous actor or musician (or superhero).

I've signed every scrap of paper you've pushed at me.
A "scrap" is a small piece.

You don't have to worry about training me.
"To train" an animal is to teach them to behave in a well controlled way, but to train a person is usually to teach them how to do a job.

I know all your moves, your crime fighting style, favorite catch phrases, everything.
A "catch phrase" is a well known expression that is associated with a particular person (For example, "What's up, Doc?" is the catch phrase of the famous cartoon character Bugs Bunny).

You can tell a lot about a woman from the contents of her purse, but maybe that's not what you had in mind.
Note that "to tell" can mean simply to understand or find out by observing. If you have something "in mind," you are thinking about it.

Sure you got him; I just took him out for you.
In a violent context, "to take out" someone is to kill, injure or disable them.

His attention was on me; A fact I exploited to do my job.
"To exploit" a situation is to take advantage of it.

A simple 'thank you' will suffice.
If something "suffices," it is sufficient or good enough.

I think you need to be more flexible
Note that a person can be "flexible" with their time (i.e....they are able to change their schedule) and physically (i.e....they can stretch their arms, legs and other parts of their body).

Are you doing anything later? :: I have a previous engagement.
A "previous engagement" is a meeting or event that has already been planned to take place at a certain time.

I think with counseling, you'll come to forgive me.
In this context, "counseling" is help from a psychologist or other professional to deal with emotional problems.

Bomb voyage!
A character in this film with a wonderful name! In French, "*Bonne voyage*" means have a nice trip, while a bomb, of course, is an explosive.

Aren't you curious how I get around so fast?
If a person is "curious" about something, they are interested in it, in part because they don't understand it.

You always say ‘be true to yourself.’

If a person is “true to themselves,” they only do what they think is right, according to their own desires and moral values.

I finally **figured out** who I am! I am your ward!

“To figure out” a problem is to find a solution or answer to it.

A “ward” is a word for somebody who is under the legal protection of another person or government agency.

You have officially carried it too far, Buddy!

“To carry an action too far” is to do something that is too extreme, inappropriate or damaging.

Let go! You’re wrecking my flight pattern.

“To wreck” something is to destroy it. A pilot’s “flight pattern” is the way or direction that they are supposed to fly a plane.

Let go of my cape!

A “cape” is a sleeveless outer piece of clothing that fits closely at the neck and hangs loosely over the shoulders.

The injured jumped. You sent paramedics.

An “injured” person is one who has been physically hurt.

A “paramedic” is a person who works the health field by assisting doctors, and who often helps stabilize injured patients before driving them to the hospital.

The blast in the building was caused by Bomb

Voyage, who I caught robbing the vault.

A “blast” is an explosion and a “vault” is a large well protected storage compartment, often found in a bank for storing money.

We might be able to nab him if we set up

a perimeter. :: You mean he **got away**?!

“To nab” a person is quickly grab or seize them (An excellent slang word!). “To set up” something is to create it, and a “perimeter” is a line, or border, in this case to keep people contained in a certain area. “To get away” is a common way of saying to escape.

You’re not affiliated with me! :: Holy smokes, I’m late!

To be “affiliated with” a person is to have some kind of professional association or connection with them. “Holy smokes” is a dated but fun way of expressing great surprise or other emotion (“Holy” means Godly or sacred, and “smokes” refers to cigarettes).

You still got the mask!

A cover put on a face in order to disguise it or make the person look like someone else.

Show time!

A popular way of announcing that you are going to be doing something that is very dramatic or entertaining.

Will you have this woman to be your lawful wedded wife?

The question that is asked of a man just before he officially marries his new wife at a wedding ceremony.

I thought it was playful banter!

This refers to childlike or light talk, conversation or teasing.

You're cutting it kind of close, don't you think?

"To cut it close" is to do some action that is very close to dangerous or close to something that you will later regret.

I pronounce this couple husband and wife.

One way of saying to officially announce (These are the words used at a wedding).

Mr. Incredible and Elastigirl become Mr. and Mrs. Parr, settle down, and have three kids, but thanks to a crazy society, they also give up their hero work.

In a stunning turn of events, a superhero is being sued for saving someone who didn't want to be saved.

"Stunning" is a powerful adjective that means shocking or amazing. A "turn of events" is a way of referring to unexpected developments. If a person is "sued," they are forced to defend themselves in court against charges that they caused harm to others.

The plaintiff, who was foiled in his attempted suicide by Mr. Incredible, has filed suit against the famed superhero in Superior Court.

A "plaintiff" is the person who sues, usually for money (against the defendant). "To foil" a plan is to successfully stop it. "Suicide" is the act of killing oneself. If a person is "famed," they are famous. "Superior Court" is a low level of court where most lawsuits are first brought.

You ruined my death!

"To ruin" something is to destroy it.

My client has no comment.

If a person has "no comment," they don't want to say anything, especially to reporters who may be asking about a sensitive subject.

Mr. Incredible's court losses cost the government millions, and opened the floodgates for dozens of superhero lawsuits the world over.

"To open the floodgates" is to allow a huge or enormous number or amount to come in. "The world over" is one of saying all over the world.

Time for their secret identity to become their only identity.

A person's "secret identity" is who they pretend to be, so that people won't realize who they really are.

Under tremendous public pressure and the crushing financial burden of an ever-mounting series of lawsuits...

"Tremendous" means of great quantity or importance, and a "crushing financial burden" is a huge debt that is almost impossible to pay back. If something is "ever-mounting," it is becoming bigger and bigger.

...the government quietly initiated the superhero relocation program.

"To initiate" a program is to start or create it. A "relocation program" is a program in which people are given new identities and homes and lives so that their old identities will be kept secret from others.

The supers would be granted amnesty from responsibility for past actions, in exchange for the promise to never again resume hero work.

To be "granted amnesty" is to be officially forgiven for actions you did in the past that may have been illegal.

Average citizens, average heroes, quietly and anonymously continuing to make the world a better place.

To do something "anonymously" is to do it secretly, without anyone knowing that you're the one doing it.

You're denying my claim? I don't understand; I have full coverage.

If an insurance company "denies a claim," they're saying they are not required to pay for harm or damages a customer has suffered. "Coverage" refers to things that are covered by an insurance company.

Our liability is spelled out in Paragraph 17.

"Liability" is legal responsibility. "To spell out" something is to detail it in writing.

I'm calling to celebrate a momentous occasion.

A "momentous occasion" is an extremely important event.

Why do we have so much junk? :: Listen honey, I've got a client.

"Junk" is an excellent word for trash, garbage, or more generally, things that people keep that are useless. A "client" is a person who uses the services of a professional such as a lawyer or architect.

Go save the world one policy at a time.

An insurance “policy” is a legal contract between the company and a client, spelling out exactly what the company is willing to cover.

I’m on a fixed income!

If a person has a “fixed income,” they receive a certain amount of money each month that rarely if ever goes up.

I do not advise you to fill out a W2545 form with our legal department on the second floor.

“To advise” a person is to give them advice or suggestions on how to handle a problem. A “form” is a sheet of paper in which a person answers many questions, usually in blank spaces that are left for the answers.

I wouldn’t expect someone to get back to you quickly to resolve the matter.

“To resolve a matter” is to find a solution that two people who have a disagreement can both agree to.

Pretend to be upset!

An important adjective meaning worried, angry or emotionally disturbed.

You authorized payment for the Walker party!

“To authorize” something is to officially approve it.

Someone broke into their house, Mr. Humph!

“To break into” a house is to illegally and secretly enter it, usually in order to steal things that are inside it.

I don’t want to know about their coverage! Tell me how you’re keeping Insuricare in the black!

If a company is “in the black,” it is making money (If it is “in the *red*,” it is losing money).

Tell me how that’s possible with you writing checks to every Harry Hardluck and Sally Sobstory that gives you a phone call!

Note the proper names here!; A “hard luck story” refers to a person who has suffered incredibly bad luck or hard times, through no fault of their own. “A “sob story” is a sad story that makes you want to sob or cry.

He’s a disruptive influence and openly mocks me in front of the class!

If a student is a “disruptive influence” in class, their behavior is loud and unruly, or more generally, causes great disorder or trouble. “To mock” a person is to cruelly make fun of them, perhaps by imitating them.

He puts thumbtacks on my stool.

A “thumbtack” is a small pin that is used to pin paper to bulletin boards. A “stool” is a type of tall chair.

Coincidence? I think not!

A “coincidence” is the occurrence of two events that seem to be related to each other, but in fact are not.

Don't 'Bernie' me! This little rat is guilty!

“Don't 'Bernie' me” is Bernie's way of saying “don't say my name in a patronizing way, that makes it feel like you think I'm being silly.”

You can see it on his smug little face! Guilty, I say!

If a person's face is “smug,” it looks like they are very satisfied with themselves, in a snobby or arrogant sort of way.

We need to find a more constructive outlet.

In this context, any kind of activity in which a person can pass time or use up energy in a positive way, such as sports or studying something useful.

Maybe I could if you'd let me go out for sports.

In school, “to go out for” sports is to try and get on one of the school's teams.

I'll only be the best by a tiny bit!

A “tiny bit” is a very small amount.

Dash, you're an incredibly competitive boy and a bit of a show-off.

If a person is a “show off,” they like to make sure others clearly see all the talents or skills that they have.

The last thing you need is temptation.

An important word for the act of being attracted, usually to something that is bad for you.

The world just wants us to fit in, and to fit in, we just gotta be like everybody else.

“To fit in” is to be present without attracting attention because you are similar to most others. Note that “has got to” ----> “gotta” in rapid speech.

Hey, where are you headed?

“To be headed” for a place is to be going in that direction.

Darn kids sitting on the driveway.

“Darn” is a gentle filler word for expressing frustration (it's much less vulgar than 'damn'). A “driveway” is the cement path by a house where cars park.

Mom, you're making weird faces again.

An excellent word meaning strange or odd.

Smaller bites, Dash! Yikes!

A gentle and fun way of expressing fear, surprise or similar emotion.

Bob, could you help the carnivore cut his meat?

An official word for a meat-eater (the opposite of a vegetarian).

We dissected a frog.

“To dissect” a frog is to cut it open and separate it into small pieces in order to study or explore its body.

They caught you on tape and you still got away with it! Whoa!

To be “caught on tape” is to be filmed doing something (often illegal).

“To get away with” something is to do something bad or illegal without being caught or punished. “Whoa” is a fun filler word for expressing emotion such as surprise or fear, or in this case, satisfaction or delight.

I’m not hungry for meatloaf! :: Well, it is leftover night.

“Meatloaf” is a type of meat dish shaped like a loaf of bread that is usually made of beef. A “leftover” is food that was not eaten at a previous meal.

Dash, you’re gonna be toast!

If a person is “toast,” they are in deep or serious trouble (Slangy and fun).

Hey, no force fields! :: You started it!

The invisible protective barriers that, in this film, Vi is able to create in order to protect herself and her family.

Simon J Palpendiro, longtime advocate of superhero rights, is missing.

An “advocate” is a lawyer, or more generally, a person who argues for the rights of someone else, often before a judge, or society in general.

Bob, it’s time to engage.

An interesting verb which means to become actively involved.

You might want to intervene!

Another verb which means to get involved in a situation or problem.

Bob Parr---father, husband and insurance guy---struggles with the fact that deep inside of him , Mr. Incredible still hopes to save the world.

Ice of you to drop by! Never heard that one before!

A silly play on words; “Nice of you to drop by” is a common expression.

“To drop by” means to visit a person’s house, often without telling them that you are going to come.

I like it when it shatters.

If glass “shatters,” it explodes or breaks apart into lots of tiny pieces.

It's bowling night.

"Bowling" is the game in which you roll a heavy ball down a wooden lane in hopes of knocking over the white pins at the end of the lane.

Don't think you've avoided talking about your trip to the principal's office, young man.

"To avoid" something is to try and stay away from it. A "principal" is the head of a school.

The only normal one is Jack-Jack, and he's not even toilet-trained.

If a child is not "toilet-trained," they still pee in the bed.

Now I'm in deep trouble. One more jolt of this death ray and I'm an epitaph.

A "jolt" is a powerful strike of energy. A "death ray" is a weapon found in cartoons, that kills people with a jolt of electricity. An "epitaph" is a brief statement that is put on the headstone at a dead person's grave.

Somehow, I managed to find cover.

"To manage to" do something is to be able to do it despite great difficulty. "To find cover" means to find protection, or perhaps a place to hide.

He starts monologing.

A "monologue" is a long speech, but it's rarely used as a verb.

He starts his prepared speech about how feeble I am compared to him.

"Feeble" means weak or with little energy.

How inevitable my defeat is. How the world will soon be his. Yada, yada, yada.

If something is "inevitable" it is definitely going to happen and nothing can be done to stop it. "Yada, yada, yada" is a popular and fun slang expression that refers to unnecessary and boring speech that the listener doesn't really want to listen to or repeat.

Yammering! I mean this guy has me on a platter and he won't shut up!

"To yammer" is to talk too much or too loudly, or to complain a lot. If a bad person "has you on a platter," they can take advantage of the fact that you're in a weak or vulnerable situation (A platter is large plate).

What if we actually did what our wives think we're doing? Just to shake things up.

"To shake things up" is to do something that will cause a lot of excitement.

We keep sneaking out to do this.

"To sneak out" is to leave secretly, so nobody will see.

He had trouble adjusting to civilian life, too.

“To adjust” to something is to change a little, so your new situation will be easier. “Civilian life” refers to life outside of the military or some other similar organization.

We’re pushing our luck.

If you “push your luck,” you continue to do something that is dangerous and may get you into trouble.

A five! Yeah, baby!

A popular, slangy way of expressing approval or satisfaction.

Can’t you put this out? :: I can’t lay down a layer thick enough. It’s evaporating too fast.

“To put out” a fire is to extinguish or kill it. A “layer” is a thickness of something, one on top of another. If water “evaporates,” it dries out.

I’m dehydrated, Bob.

If a person is “dehydrated,” they have no water and are probably very thirsty.

I just can’t go smashing into walls; The building is getting weaker by the second!

“To smash into” a wall is to run into it violently, with great speed.

We look like **incompetent** bad guys!

If a person is “incompetent,” they are not good skilled, or efficient at what they are doing.

I said ‘freeze!’

A police officer’s way of telling a suspected criminal not to move, or to stay perfectly still and not try to escape.

Verify you want to switch targets, over.

A “target” is someone or something that is marked to be attacked. “Over” is said at the end of a sentence when communicating on a pilot’s or police officer’s radio.

Is this rubble? :: It was just a little workout, to stay loose.

“Rubble” is small bits of a destroyed building. A “workout” is the act of exercising. A person who wants to “stay loose” wants to stay relaxed.

Darn you! We can’t blow cover again!

“Darn you” is a gentle way of expressing anger. “To blow your cover” is to have others find out your real identity, or who you really are.

You knocked down a building?! :: It was on fire, structurally unsound.

If a building is “structurally unsound,” it is weak or fragile and could easily collapse, especially during an earthquake.

Tell me you haven't been listening to the police scanner again.

The radio system with which police officers communicate with each other.

I performed a public service. You act like that's a bad thing.

A "public service" is any act that is good for the public as a whole, such as helping to clean up a park or catch a criminal.

Uprooting our family again, so you can relive the glory days, is a very bad thing.

"To uproot" a family is to force them to move to another city or place, after they have been well settled at their old place. A person's "glory days" were when they were young and most successful.

It's a ceremony! :: It's psychotic!

A "ceremony" is any formal social act done out of tradition or ritual, such as a wedding or school graduation. If something is "psychotic," it is completely crazy or emotionally disturbed. This is a fun word to use.

They keep creating ways to celebrate mediocrity!

"Mediocrity" is the act or state of being average, or mediocre.

But if someone is genuinely exceptional!...Let him actually compete!

Let him go out for sports! :: I will not be made the enemy here!

If a person is "exceptional," they have extraordinary skills or other qualities that few or no others have. The last sentence is Mrs. Parr's way of saying she should not be made to feel guilty or like an enemy just for stating what she believes.

We're always united, against the forces of... :: Pigheadedness.

If a person is "pigheaded," they are very stubborn and refuse to change.

Complaints I can handle. What I can't handle is your customers' inexplicable knowledge of Insuricare's inner workings! They're experts!

"To handle" a situation is to take care of it. If something is "inexplicable," it can't be explained or understood. The "inner-workings" of a company are the secret ways in which things are done, usually known only by the highest level employees.

Exploiting every loophole, dodging every obstacle!

"To exploit" something is to take advantage of it, and a "loophole" is a legal way to avoid something that at first appears unavoidable.

"To dodge" something is to quickly go around it or avoid it, and an "obstacle" is anything that prevents you from moving forward.

They're penetrating the bureaucracy.

"To penetrate" something means to forcefully enter directly into it, and a "bureaucracy" is any organization with lots of people working toward a common goal, often very inefficiently.

We're supposed to help our people, starting with our stockholders.

A "stockholder" is a person who owns stock, and therefore a part of, a public company or corporation.

A company...is like an enormous clock.

A good adjective meaning extremely big.

It only works if all the cogs mesh together.

A "cog" is a small metal and moving piece of a machine, and if two cogs "mesh," they move together smoothly and well.

A clock needs to be cleaned, well lubricated and wound tight.

If a machine is "lubricated, it is given enough oil or grease to function well. To "wind" a clock is to set it up so that it will run, usually by turning a moving screw in circles (Note that the past participle of wind is wound).

I'm being metaphorical, Bob. Do you know what I mean by cooperative cogs?

A "metaphor" is a figure of speech or analogy that compares two different things. If a person (or cog) is cooperative, they work well with others in order to accomplish a common goal.

He's getting mugged! :: Let's hope we don't cover him.

If a person is "mugged," they are physically attacked, usually by thieves who want money. If an insurance company "covers" a person, they insure him from various risks, such as bad health.

He got away!

"To get away" is to escape.

We've got to pay damages, erase memories, relocate your family.

In law, "damages" are the injuries or harm that a person suffers because of another person. "To erase" a memory is to eliminate it, so it's as if it never existed. "To relocate" a family is to move them somewhere else, often far away for their own protection.

Maybe I could relocate you, for old time's sake.

A poetic expression which refers to things that were done in the distant past, perhaps years earlier.

Everyone just get settled. I'll make it work.

In this case, calm and comfortable in a particular place.

What are you waiting for? :: Something amazing, I guess.

A good alternative word to incredible.

Room is secure; Commence message.

If a room is "secure," it is safe. To "commence" something is to begin it.

Rest assured, your secret is safe with us.
An interesting way of saying “don’t worry.”

Please pay attention, as this message is classified and will not be repeated.
If a piece of information is “classified,” it is secret and is considered appropriate only for certain high-level people in government.

Something has happened at our remote testing facilities.
If a location is “remote,” it is far away. “Facilities” refer to buildings that are used for companies, government or other similar organizations.

Although contained in an isolated area, it threatens to cause incalculable damage to itself and our facilities...
If an area it is “isolated,” it is far away from any other people. In this case, “to threaten” means to risk or put in danger, and if something is “incalculable,” it is impossible to estimate it’s size or importance.

.....jeopardizing hundreds of millions of dollars of equipment.
“To jeopardize” something is to threaten it, and in this case, “equipment” refers to machines.

If you accept, your payment will be triple your current annual salary.
A person’s “annual salary” is what they are paid at their job every year.

This message will self-destruct.
If something “self-destructs,” it destroys itself, usually intentionally.

You are one distracted guy.
A person who is “distracted” has trouble concentrating on one thing because they can’t stop themselves from thinking of other things.

I want you to know how much it means to me that you stay at it anyway.
“To stay at” a job is to keep doing it, even if it’s hard or unpleasant.

The company is sending me to a conference out of town.
A big meeting, often with many speeches or presentations.

They’re finally recognizing your talents; You’re moving up!
“To move up” in a company or other organization is to be given higher and higher levels of responsibility and pay.

Bob Parr secretly returns to the life of Mr. Incredible, and with E Mode’s help, Mrs. Parr becomes Elastigirl, in order to go and find him.

The Omnidroid 999 is a top secret prototype battle robot.

If something is “top secret,” only a very few people are allowed to know about it. A “prototype” is the first or original model of a machine. A “robot” is a machine designed to do work like a human, and a “battle robot” is a type of robot that fights wars.

This is Mr. Incredible. I’m in.

A common way of saying “I will agree to do it.”

Its artificial intelligence enables it to solve any problem its confronted with.

“Artificial intelligence” is the intelligence that a computer is given to solve problems like a human. “To enable” someone to do something means to give them the ability to do it. If you are “confronted” with a problem, you are faced with it and have to deal with it.

It got smart enough to wonder why it has to take orders.

“To take orders” is to agree to do what a boss or some other person tells you to do.

Now it’s loose in the jungle, threatening our facilities.

A “jungle” is tropical area with lots of plants, vegetation and scary snakes and alligators.

We’ve had to evacuate our personnel from the island for their own safety.

“To evacuate” an area is to leave quickly because of some danger
“Personnel” refers to all the people that work for a company.

It’s cloaking devices make it difficult to track.

A “cloaking device” is any little object that helps to hide or conceal.
“To track” a person is to try and follow them, especially if there is a chance they are going to hide or escape.

It represents a significant investment. :: You want me to shut it down without completely destroying it.

A “significant investment” is a serious amount of money spent.

I’ve got to warn you; It’s a learning robot. Every moment spent fighting it only increases its knowledge of how to beat you.

“To warn” a person is to alert them to possible danger.

Show time!

A fun expression for the act of doing something dramatic or entertaining.

Sound the ‘all clear’ and invite him to dinner.

If the “all clear” signal is made, this means that the danger is over.

Keep things light. Praise him. Make him feel like we appreciate his abilities.

“To praise” a person is to compliment them for the good things they have done or accomplished.

Am I overdressed? :: Actually, you look rather **dashing**.

If a person is “overdressed,” their clothes are too expensive, fancy or elegant. “Dashing” is a fun adjective that means very stylish, or sexy.

I take it our host...:: He won't be dining with us tonight. I hope you understand.

A useful way of saying “I presume that...”

He prefers a certain amount of anonymity.

A good word for the state of being unrecognized or unnoticed (If a book is written by a person who doesn't want their name used, it is written *anonymously*).

Surely, you of all people, understand that.

An alternative to ‘obviously.’

Volcanic soil is among the most fertile on earth.

“Volcanic soil” is the dirt that is left after a volcano explodes.

Help customers, climb ladders... :: Bring bacon?

In a business, “to climb ladders” is to move up in the company, to more powerful and better paid jobs. “To bring home the bacon” is to make enough money to support your family.

All that jazz.

One way of saying all that crazy stuff out there.

Super models; Nothing super about them! Spoiled, stupid little stick figures with poofy lips who think only about themselves.

“Super models” are beautiful young women who make lots of money posing for pictures. In this case, a “stick figure” is a very skinny person, who looks like they're made of sticks, with no fat on them. If a person's lips are “poofy,” they are full and sexy.

Feh! I used to design for Gods.

An excellent filler word used to express disgust or cynical disbelief.

E, I just need a patch job.

In sewing, a “patch” is a small repair or covering on the cloth or fabric.

Outmoded, but very sturdy.

If something is “outmoded,” it is no longer in fashion. “Sturdy” is an excellent word that means strong or long-lasting.

What have you been doing Robert? Moonlighting hero work?

“To moonlight” is to do a job at night, usually in addition to one's usual job during the day.

This is a hobo suit, darling. You can't be seen in this.

A hobo is a traveling homeless person or bum.

I never look back, darling. It distracts from the now.

"To distract" is to take attention away from something else.

Where the heck am I gonna get a new suit?

A gentle way of expressing emotion such as surprise or frustration.

Ask me now, before I become sane.

If a person is "sane," they are rational and thinking in a normal way (The opposite is *insane*, which means crazy).

It will be **bold**, dramatic, heroic. :: Yeah, something classic like Dynergy.

If something is "bold," it is considered powerful and perhaps very modern and dynamic. If something is "classic," it will last or be appreciated for a very long time, beyond just one or two generations.

All was well, another day saved, when his cape snagged on a missile fin.

A "cape" is a sleeveless outer garment or piece of clothing that fits closely at the neck and hangs loosely over the shoulders. If it "snags" on something, it gets caught on it. A "fin" is raised part of a tail or the back part of a fish that it used to help it swim.

Thunderhead was not the brightest bulb.

A funny way of saying not very smart (If a person is bright, they are smart, and a bulb is a light bulb).

Cape caught in a jet turbine? :: You can't generalize about these things.

A "turbine" is a type of plane engine. "To generalize" about thing is to assume that one particular result will be the same in different situations.

Splashdown, sucked into a vortex. No capes!

A "slash down" is when a rocket or plane lands in the water.

A "vortex" is a body of water that is moving in a circular motion.

E, I only need a patch job for sentimental reasons.

"Sentimental" reasons are emotional ones, especially connected to the emotion of missing people and places from the distant past.

We have a new **assignment** for you.

An important word for a job or task.

Another conference. Short notice, but you know, duty calls.

If a person is given "short notice" for a job assignment, they are given little time to prepare for it. "Duty calls" is a fun way of saying that a person must do what they are told to do, especially for the good of their company.

Bob? :: **What's up**, honey?

A colloquial and common way of saying
"What's happening?" or "what's new in life?"

This is your automated captain; Would you care for more mimosa?

If something is "automated," it is being done automatically by a machine. A "mimosa" is a drink made of champagne and orange juice.

Please fasten your seat belt; We're beginning our descent.

"To fasten" a seat belt is to place it securely around your body.

A plane's "descent" is the act of flying down toward the ground.

You'll be briefed on your next assignment in the conference room at two.

To be "briefed" on an assignment or job is

to be told in detail what you will have to do.

Listen, there's only one person Bob would

trust to patch his super suit, and that's you.

"To patch" a suit is to sew a small cloth or piece of

fabric on it to cover up a damaged part of the suit.

Marvelous, isn't it? Much better than
those horrible pajamas he used to wear.

"Marvelous" is a fun alternative to wonderful or excellent.

"Pajamas" are warm clothes that are worn when sleeping.

You know, I went through quite a few

supers to get it worthy to fight you.

In this case, to "go through" means to try and build. If a person

is "worthy" of a job, they are qualified, or deserve to at least try.

After you trashed the last one, I had to make some major modifications.

"To trash" something is a slangy way of saying to destroy it.

A "modification" is a small change or adjustment.

After all, I am your biggest fan.

An important word for a person who follows the career of, and

loves or idolizes a particular artist, athlete, or in the case, superhero.

You can't **count on** anyone, especially your heroes.

"To count on" a person is to depend on them to do the right thing.

Turns out there are a lot of people, whole countries, that
want respect, and they will pay through the nose to get it.

In this context, "turns out" is a useful phrasal verb which means

approximately "although we expected something else...." If a person

"pays through the nose" for something, they pay a very high price for it.

Now I have weapons only I can defeat, and when I unleash it...
 "To unleash" a weapon is to let it loose, or to use it
 (A "leash" is the leather rope that is used to hold a dog).

You sly dog; You got me monologing!
 A "sly dog" is a slangy way of referring to a smart or clever person.

I'm Syndrome! Your nemesis... Oh, brilliant!
 A person's "nemesis" is their worst or most hated enemy. In this
 context, "brilliant" is a cynical or sarcastic way of saying very good
 (It literally means extremely smart).

Try this one on for size, big boy!
 In this context, a slangy way of saying
 "try to deal with" or "escape from this".

Mr. Incredible terminated.
 A cruel way of saying killed or destroyed.

This project has completely confiscated my life,
darling. Consumed me only as hero work can.
 "To confiscate" something is to take or seize it, though here E means
 to dominate. "Darling" is a common term of affection, but few people
 use it with everyone, as E does! To be "consumed" by something is to be
 obsessed with it, or constantly thinking about it.

Simple, elegant, yet bold. You will die.
 "Elegant" means beautiful, stylish or of high quality. "Bold" means
 powerful, in a confident way. When used in the right tone of voice,
 "you will die" actually means that you will totally love whatever the
 speaker is talking about (in this case, some superhero clothes).

I cut it a little roomy for the free movement.
 If clothes are "roomy," they fit loosely for more comfort.

The fabric is comfortable for sensitive skin.
 An important word for cloth or the material that clothes are made of.

It can also withstand the temperature of 1,000 degrees.
 If a cloth can "withstand" high heat, it can endure
 or survive it without it being harmed or ruined.

Completely bulletproof. And machine
 washable, darling. That's a new feature.
 If a piece of clothing is "bulletproof," it will stop a bullet from a gun from
 injuring the person wearing those clothes. Here, a "feature" is a special
 quality or characteristic that makes something even more attractive.

What on earth do you think the baby will be doing?
This is a funny filler added to Wh questions to express emotion such as surprise or frustration.

Luck favors the prepared.
An interesting expression which says that good luck is more likely to happen to those who work hard.

I don't know the baby's powers, so I covered the basics.
E's way of saying that she made a piece of clothing that is likely to be appreciated because it has everything important that one would want.

He'll look fabulous, anyway.
A good alternative word to wonderful or excellent.

Your boy's suit I designed to withstand enormous friction, without heating up or wearing out. A useful feature.
"Enormous" means extremely big. "Friction" is the heat or physical resistance that is produced when two things are rubbed against each other. If something "wears out," it becomes old and no longer useable.

Your daughter's suit was tricky.
In this context, "tricky" means difficult to do, or complicated.

I finally created a sturdy material that will disappear as she does.
If a cloth is "sturdy," it is strong and will last a long time.
"Material" is any type of cloth that clothes are made of.

Your suit can stretch as far as you can without injuring yourself and still remain in shape.
If a piece of clothing "stretches," it extends to a bigger size than it was originally. "To injure" yourself is to physically hurt yourself.

Virtually indestructible, yet it breaths like Egyptian cotton.
"Virtually" means almost totally, and if something is "indestructible," it cannot be destroyed or perhaps even damaged. If clothes "breath," they remain fresh and cool.

Each suit contains a homing device giving you the precise location of the wearer at the touch of a button.
A "homing device" is a small electronic object that keeps track of where a person is. "Precise" means exact.

Our family is underground. You helped my husband resume secret hero work behind my back.
If a person is living "underground," they are living a secret life while trying to hide their true identity. "To resume" something is to begin it again. To do something "behind a person's back" is to do it without telling them, even though they would probably want to know.

Men at Robert's age are often unstable, prone to weakness.

If a person is "unstable," they are emotionally fragile and swing between different types of moods. If a person is "prone to" weakness, they are very likely to become weak.

Break surveillance and engage.

"Surveillance" is the act of spying on or keeping track of someone.

He's on business. A company retreat.

A place where employees of a company get together for a few days to relax and vacation, though perhaps also to work on company business.

My records say he was terminated almost two months ago.

If a company "terminates" an employee, they fire him.

I am such an idiot!

A great, useful word for a stupid person, or more colloquially, a jerk, moron, dumb-ass, etc...

The new sports car, the getting in shape, the blond hair, the lies.

"To get in shape" is to exercise in order to be in good physical condition.

You're Elastigirl! My god, pull yourself together.

A way of telling a person to stop being so emotional or upset.

Go! Confront the problem! Fight! Win!

"To confront" a problem is to face it or fight against it.

There's lots of leftovers that you can reheat.

A common word for food from a previous meal.

Make sure dash does his homework.

Work that students need to do at home for their classes.

You mean dad's in trouble or dad is the trouble?

Note the subtle difference! If dad is *in* trouble, he may be in danger or have serious problems, but if dad *is* the trouble, he is causing other people (like his family) a lot of problems.

I mean either he's in trouble or he's going to be.

This is Elastigirl's way of saying she can forgive Bob if he isn't home because he's in trouble, but if he isn't home without a good excuse, she is going to be very angry at him.

We all get cool outfits?

"Cool" is a very common slang word for good, excellent, fun, etc. An "outfit" is a set of clothes, often worn for a particular job, school or occasion.

Easy, girl, you're overreacting. Everything is fine.

In this case, "easy" means calm. "To overreact" is to get too emotional, angry or upset after hearing or experiencing something bad.

I was right to idealize you. I always knew you were tough, but tricking the probe by hiding it under the bones of another super?! Oh, man!

"To idealize" a person is to worship them or treat them like a God.

If a person is "tough," they're physically or emotionally very strong.

A "probe" is a device, often with a camera, that searches for things. "Oh, man!" is a filler used to express great surprise, wonder or similar emotion.

I'm still geeking about it!

A "geek" is often a socially awkward student who spends all their time studying, especially computers and science, but this verb is rarely if ever used (Here, it probably means to get very excited).

And then you had to go and ruin the ride.

"To ruin" something is to destroy it, and a ride is the act of being transported in a car, bus or other type of vehicle.

Mr. Incredible calling for help? Lame, lame, lame.

A funny slang word that means ridiculous, pitiful or totally sad (It literally refers to a person who is unable to walk well due to injury).

I am referring to last night at 23.07 hours. While you were snooping around, you sent out a homing signal.

"To snoop around" is to search or look into things that are considered private by others. A "homing signal" is a type of electronic message that lets others know where you are located.

*Helen, Vi and Dash save Bob from Syndrome,
as the family rediscovers its superhero roots.*

You said 'something's up' with mom and we have to find out what.

If "something's up" with a person, something important or strange is happening, but it's not exactly clear what it is.

Of course we got a sitter!

Short for a *baby* sitter, which is a person who takes care of babies and children while their parents are away.

I've gotten this baby sitting thing wired!

If you "have a job wired," you know exactly what you are doing and how to do it well. This is very slangy but useful.

I've taken courses, learned CPR, and I've gotten excellent marks and certificates.
 CPR stands for coronary-pulmonary resuscitation, and refers to the training one gets in how to save a person's life after they've had a heart attack or stopped breathing for some reason. "Marks" is a British word for school grades, and a "certificate" is an official paper recognizing a person for passing a particular class or academic program.

Leading experts say Mozart makes babies smarter.
 A very famous 18th century Austrian composer.

I can totally handle anything this baby can dish out.
 "To handle" a situation is take care of it, and in this case, to "dish out" is a slangy way of saying to create, produce or do.

Disengage, repeat, disengage.
 "To disengage" is to pull back or retreat from whatever it is that you have been doing.

Call off the missiles! I'll do anything. :: Too late!
 "To call off" an attack is to order it stopped or aborted, often at the last possible moment.

Vi, you have to put a force field around the plane. :: You said not to use our powers!
 In comic books and superhero movies, this is some sort of invisible shield or barrier that protects people from being attacked or hurt.

Mayday! ..Abort!
 "Mayday" is the word a pilot or captain yells to notify others that their plane or ship is in serious danger of crashing or sinking. To "abort" a mission is to call it off or stop it in the middle, because it is clearly going to fail.

Brace yourselves!
 A way of telling a person to get as prepared as possible to suffer a physical or emotional shock. It means literally to hold yourself tight.

Both of you will get a grip, or so help me, I will ground you for a month!
 "To get a grip" is to calm down and act rationally. "So help me" is a way of expressing great anger or frustration. If a parent "grounds" a child, they don't let them out of the house for a certain amount of time, as punishment for bad behavior.

We have a confirmed hit; Target was destroyed. :: Ah, you'll get over it.
 If a piece of news is "confirmed," it is verified by others. In this context, a "hit" is the firing down of a plane. A "target" is anything that is shot at. "To get over" a tragedy, such as a death in the family, is to emotionally recover or get better after a period of time.

I seem to recall you prefer to work alone.
An alternative to remember.

Release me now, or I'll crush her. :: That sounds a little dark for you.
"To release" a person is let them go, and "to crush" a person is to squeeze them so forcefully, or put so much weight or pressure on them, that you destroy them. Here, "dark" is Syndrome's way of saying cruel.

It will be easy, like breaking a toothpick.
The little wooden stick that people use to get food out of their teeth.

You're weak, and I've outgrown you.
"To outgrow" a person is to mature or change in a different way than they have.

They were short-range missiles. Land-based.
If a missile is "short range," it can only travel a short distance, and if it is "land-based," it is launched from the land instead of the sea or air.

That way is our best bet.
A common way of referring to the best choice or option to take, given the various risks involved.

What a trooper. I'm so proud of you.
A person who tries constantly super hard, despite great difficulties.

I think your father is in trouble. :: If you haven't noticed mom, we're not doing so hot either.
This is Vi's colloquial way of saying they also are not doing well, and in fact are in big trouble.

Your identity is your most valuable possession.
A person's "identity" is who they are (name, age, etc.), as seen by the outside world. If something is "valuable," it is worth a lot, and a "possession" is anything you own.

They won't exercise restraint just because you're children.
In a war, "to exercise restraint" is to decide not to use the most deadly weapons or force available, in hopes of preventing injury to civilians or others.

Doubt is a luxury we can't afford anymore, sweetie.
This is Mrs. Parr's way of telling her children that they must be strong and have confidence that they can win, or they will be defeated by their emotional weakness ("Doubt" is lack of belief, and a "luxury" is an expensive and unnecessary expense).

You'll know what to do. It's in your blood.

If a skill or talent is "in your blood" it's as if you're were born with it.

Valuing life is not weakness. :: If you're talking about what happened in the containment unit, I had everything under control.

A room that is made to hold people, chemicals or anything that might be dangerous to others.

And to disregard it is not a strength.

"To disregard" something is to ignore it or not take it into consideration.

I called his bluff, sweetheart, that's all.

"To call person's bluff" to not believe them when they say they are strong or in a strong position (This is a common expression from the game of poker). "Sweetheart" is a very common term of affection.

I knew he wouldn't have it in him. :: Next time you gamble, bet your own life!

If a person doesn't "have it in them" to do something, they don't have the desire, strength or courage to do it. "To gamble" is to bet, like one does in Las Vegas casinos.

Mom's and dad's lives could be in jeopardy!

If a person's life is "in jeopardy," they are in danger of being killed.

So the bad guys are trying to wreck mom and dad's marriage? :: Forget it; You're so immature.

"To wreck" something is to ruin or destroy it. If a person is "immature," they act emotionally young for their age.

I'm not going to leave the cave! Sheesh!

A gentle way of expressing emotion such as frustration or disbelief.

Cool!

The most common slang word for good, fun, excellent, etc.

We are ready for launch!

A "launch" is the act of a rocket ship taking off into space.

Identification, please. ...Voice key, incorrect.

"Identification" refers to anything that can identify who a person is, such as a driver's license. Here, a "voice key" is a person's voice as identified by a computer.

Intruder alert!

An "intruder" is a person who secretly gets into a building, without permission. An "alert" is a warning, such as the warning of a bell or buzzer when an intruder is discovered in a building.

Your family survived the crash!

“To survive” a crash is to live through it.

Let go of me, you lousy, lying unfaithful creep!

“Lousy” is an excellent adjective meaning bad, rotten or of poor quality. If a husband is “unfaithful” to his wife, he has probably slept with other women. A “creep” is an excellent and very insulting word for an unpleasant person, such as an asshole, jerk, bastard, etc.

How could I betray the perfect woman? :: Oh, you’re referring to me now?

“To betray” a person is to turn against them, treat them horribly or cheat on them, especially after having been a close friend or lover for a long time before.

They might have triggered the alert. Security’s been sent into the jungle.

“To trigger” an alarm is to cause it go off or activate. In this case, “security” refers to security guards and others who are supposed to protect the building.

If you suspected danger, why did you bring them? :: I didn’t bring them; They stowed away.

“To suspect” something is to think it’s happening or going to happen, but to not be sure. If a person “stows away” in a ship, they secretly get on and then travel for free, while hiding inside.

I don’t think you’re striking the right tone here.

“To strike the right tone” is to speak in a manner that is appropriate or correct for the occasion.

You didn’t want me to worry, and now we’re running for our lives through some God-forsaken jungle.

If a place is “God-forsaken,” it is horrible, perhaps because God himself has chosen to forsake, abandon or turn away from it.

You keep trying to pick a fight, but I’m just happy you’re alive.

“To pick a fight” is to try and get a person to fight you by angering them.

Time out; What have we here, matching uniforms?

“Time out” is a way of saying that everyone should stop and listen (In sports, it is a way of stopping the game clock). If uniforms or other types of clothes “match,” they seem to go together well.

You married Elastigirl?! Whoa!

A way of expressing great surprise or other emotion (pronounced ‘woe’).

It’s a whole family of Supers. It looks like I hit the jackpot!

“To hit the jackpot” is to get extremely lucky (If you play the lottery and hit the jackpot, you win the grand prize, often of millions of dollars).

Just like a movie, the robot will emerge dramatically, do some damage. Throngs of scared people, and just when all hope is lost, Syndrome will save the day!

If a person “emerges,” they come out into public view. “Throngs” of people is a lot of people, perhaps hundreds or more.

Real enough to defeat you! And I did it without your special gifts, your oh-so-special powers.

Note that a “gift” can be a special skill or talent that a person is born with.

I’ll give them the most spectacular heroics anyone’s ever seen.

“Spectacular” is an excellent word meaning amazing, truly awesome or fantastic. “Heroics” refers to any actions that involve great strength, speed or courage, such as those done by the superheroes.

And when I’m old and had my fun, I’ll sell my inventions so that anyone can be superheroes.

An “invention” is any type of machine, device or other technology that a person creates (the airplanes, camera and radio were all inventions).

Fire at will.

The words a high level military officer tells his troops, when he wants them to fire their guns whenever the troops feel they should.

I’ve been a lousy father. Blind to what I have, so obsessed with being undervalued that I undervalued all of you.

“Lousy” is bad, or of very poor quality. To be “obsessed” with something is to be constantly thinking about it. If a person is “undervalued,” they are not appreciated for all that they add or contribute.

I think dad has made some excellent progress today, but I think we should wind down now.

“To wind down” is to slowly conclude working and begin to relax.

I saw an aircraft hanger on the way in.

A very large building where airplanes are built and parked.

Use the coordinates from the last launch.

Mathematical information about location that is used to help guide a car or other vehicle.

I bet Syndrome’s changed the password by now.

“I bet” is a common way of saying “I’m sure that...”

A “password” is a secret word that enables one to pass or gain admission into various closed areas, such as computerized websites or a bank’s ATM (automatic teller machine).

Don’t you think about running off, doing no derring-do.

A comic book word for great heroics that save the world.

Tell me where my suit is, woman. We're talking about the greater good!
 A way of referring to what is good for society or the country, as opposed to just one individual person.

Someone needs to teach this hunk of metal a few manners.
 A "hunk" is a large piece. "Manners" refers to correct, proper or appropriate behavior.

Kids, strap yourselves down like I told you.
 One way of telling a person to fasten their seatbelt.

This is gonna be rough.
 Note that "going to"-----> "gonna" in rapid speech. In this context, "rough" means a very violent or dangerous.

The robot's in the Financial District.
 An area of a city where big banks and investment companies are located.

Superduper, dad!
 A child's word for excellent or fantastic.

While I wait here from the sidelines?
 The side area of a field where payers wait to play in a game.

The remote controls the robot.
 A "device" which controls machines by sending signals through the air (The most loved remote is the *remote control* for a TV).

The only thing hard enough to penetrate it is itself!
 "To penetrate" into something is to forcefully enter, drill or pierce into it.

Everybody duck!
 A dramatic verb which means to fall to the ground or get down low, in order to avoid being shot or hit by a ball, rock or weapon.

*The Parr family returns to a life of normalcy,
 but is clearly ready for the next evil threat....*

That's the way you do it. No school like the old school.
 An old-fashioned way of referring to the way things were done in the distant past, before things were modernized or changed.

Just like old times!
 A way of referring to the distant past, often said with warm emotion.

We've frozen all of Syndrome's assets. If he ever sneezes, we'll be there with a hanky and a pair of handcuffs.

"To freeze a person's assets" is to legally take control of the money they have in the bank, as well as other types of property, such as stocks and real estate. "To sneeze" is to make a sudden and loud expulsion of breath through the nose, and a "hanky" is a handkerchief, which is used to blow your nose. "Handcuffs" are the metal braces that police put around a person's hands in order to control them.

The people of this country are indebted to you.

:: Does that mean we can come out of hiding?

If a person is "indebted" to you, they are greatly appreciative for the good work that you have done.

Let the politicians **figure that out**. I've been asked to assure you that we'll take care of everything else.

"To figure" out a problem is to find the solution to it. "To assure" a person is to give them confidence or make them feel safe.

That was sweet when you snagged that bad guy and whiplashed him into the other guy!

Note that "sweet" can be an alternative slang word for cool, so that it means good, great, fun, etc. If a person suffers "whiplash," their neck is injured after being physically thrown or hit (but as a verb, it is very rare).

Jack-Jack is fine, but **weird** things are happening.

An excellent adjective meaning strange, bizarre, odd, etc.

Jack-Jack is still fine, but I'm getting really weirded out.

A rare but interesting way of saying scared (*Freaked out* is much more common).

We aced those guys that tried to kill us!

In this case, "to ace" is to kill or destroy, but this is rarely if ever used.

Sorry for **freaking out**, but your baby has special needs.

"To freak out" is a common colloquial way of saying to become very emotionally upset or agitated. If a child has "special needs," it needs special attention from adults, perhaps because they have a physical or emotional disability.

Thanks for sending a replacement.

A "replacement" is one person or thing that takes the place of, or takes over for, another.

Don't worry; I'll be a good **mentor**.

An excellent word for a trusted personal teacher, tutor, guide or counselor.

In time, who knows, he might make a good side-kick.

A "side-kick" is a partner or associate of an entertainer, who is associated with them and is often literally at their side, helping them with their stage act.

That was totally wicked!

A powerful adjective that means literally evil or horribly bad or immoral, but now also used as a slang word meaning excellent, cool or very exciting.

Do we have to have cheerleaders at the track meet?

A "cheerleader" is a person who dances, cheers, and shouts out approval for their team from the sidelines, during a game. A "track meet" is a gathering of athletes who compete in running, jumping and other similar sports that are popular in the Olympics.

Come on, run! Pick up the pace!

One way of saying "go faster!"

Don't give up! Make it close!

"To give up" is an important phrasal verb meaning to stop competing out of frustration, or even to surrender.

I didn't know what the heck you wanted me to do.

A gentle filler added to express emotion such as anger or frustration.

Behold the underminer! I am always beneath you, but nothing is beneath me!

"Behold" is a poetic way of saying "notice" or "look at." Note the second sentence means the new evil robot called the underminer is physically beneath the ground, but if "nothing is beneath" it, it is so evil that it is willing to do anything.

I hereby declare war on peace and happiness. Soon, all will tremble before me.

"Hereby" means therefore, and "to tremble" means to shake in fear.

The Incredibles

Some Potential Questions for ESL Class Discussion

1. Of all the superhuman powers shown in this film (super strength, speed, elasticity, the ability to disappear, create protective bubbles or freeze things at super speed), which one would you like to have?
2. How is this movie a criticism of modern American society?
3. Did you read comic books when you were a kid? Did you have your own favorite superheroes growing up?
4. Who was your favorite character?
5. Would this movie have been better if it weren't a cartoon?
6. Does your culture have a tradition of superheroes for kids?
7. What did you like and not like about this film?

