

# Inside Out

## BACKGROUND INFO

Inside Out is a wonderful Pixar film about human emotions and relationship dynamics. During this film we are taken into the mind of the main character Riley who is an 11-year-old girl and the challenges Riley experiences as she moves to another city and her life is turned upside down. The movie gives us insight into the relationship between Riley and her parents and their experience of five different emotions: Joy, Anger, Sadness, Fear and Disgust.



Watching this movie is a fun activity that teaches us a lot about emotional intelligence. During this film we learn the importance of all emotions, for example **Fear** keeps us safe, **Disgust** stops us from being poisoned, **Sadness** tells others that we might need to be comforted, encourages us seek help from others and form closer bonds, **Joy** allows us to build relationships with others and **Anger** can help us fight for a cause and ensure things are fair.

We also learn about empathy, how different emotions influence how we see the world, how emotions are linked to memories and how this can be useful in guiding us to make decisions. Throughout the movie we also see how every emotion has an important purpose – even the ones that don't feel as nice. We learn that suppressing negative emotions such as sadness is not a good idea and doing so might have negative consequences.

You can access this film by creating a Disney Plus account (or use the [current free trial](#) available).

Dr. Paul Ekman, a psychologist and expert on human emotions collaborated with Pixar filmmakers to share his expertise on human emotions. You can find out more about Dr Paul Ekman and his work on emotions and Inside Out. He wrote a [helpful parent's guide](#) to talking with your children about the movie.



## DISCUSSION QUESTIONS AFTER WATCHING THE FILM

Sadness was blamed when things weren't going well for Riley. Was this fair on Sadness? Why was sadness important for Riley?

No it wasn't fair on sadness. While we may find emotions such as sadness difficult and uncomfortable, they have a reason and it was important for Riley because it helped her:

- 1) Signal to her parents that things weren't going well for her and she was struggling with the move and adjusting to her new life
- 2) Get help from her parents
- 3) Form a stronger family bond

## What is the purpose or message of different emotions?

Here are some examples to get you thinking:

EMOTION	PUPOSE OR MESSAGE
Fear / worry	Helps us to be aware of what might be dangerous or challenging. Gives us time to plan how to respond. Helps us anticipate real or <i>potential</i> threats/danger.
Anger	Tells us about what is important to us. Gives us energy and motivation to act.
Joy	Tells us that things are going well. Encourages us to keep doing the same thing.
Disgust	Helps us to avoid things that can make us sick.
Sadness	Allows us to take time out and rest. Shows others we need support.

## Why is it important for us not to ignore any of our emotions?

All emotions have a purpose. Emotions that feel good (called positive emotions) usually tell us that things are going well. Emotions that are unpleasant (called negative emotions) usually give us information about what is going wrong in our life or the environment we are in. "Bottling up" or supressing emotions is not a great idea. In the movie, when Riley ignores sadness, it leads to a bad outcome for Joy and Riley as she runs away from home.

## ACTIVITY 1

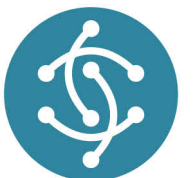
Encourage your child to draw a picture of and write about their own positive emotional memory. If your child struggles with this you can prompt them to think about memories that might be related to school, family, sport or special events.



## My Emotional Memory

My memory is: \_ \_ \_ \_ \_

What emotion(s) did I feel: \_ \_ \_ \_ \_



## ACTIVITY 2

Please find attached a number of worksheets for your child to complete.

Step 1: Colour in each emotion character from the movie.

Step 2: Answer the questions in the attached worksheet which are designed to help children consider their own experience of each emotion. There is no right or wrong answer as we all experience emotions differently.

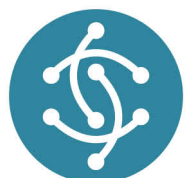
Step 3: In the box provided, write some interesting features of each emotion. Your child may have their own ideas, or you may want to assist them with this.

Hint: Just in case your child would like some help with this last step, here are some interesting things to know about the Inside Out crew:

INSIDE OUT EMOTION	THINGS TO KNOW
Fear	<ul style="list-style-type: none"> <li>• Worries about safety to try to keep us safe</li> <li>• Focusses on disappointments</li> <li>• Pessimistic</li> </ul>
Anger	<ul style="list-style-type: none"> <li>• Looks out for unfair things</li> <li>• Tries to make sure nothing gets in the way of our goals</li> <li>• Can be stubborn and needs to be kept in check</li> <li>• Gives us energy to get the job done</li> </ul>
Joy	<ul style="list-style-type: none"> <li>• Seeks to have fun by looking for novelty</li> <li>• Is optimistic about the future</li> <li>• Thinks positively</li> </ul>
Disgust	<ul style="list-style-type: none"> <li>• Helps avoid being poisoned (physically or socially)</li> <li>• Looks out for things that could make us sick</li> </ul>
Sadness	<ul style="list-style-type: none"> <li>• Anticipates loss</li> <li>• Let's others know when we need help or comfort</li> </ul>

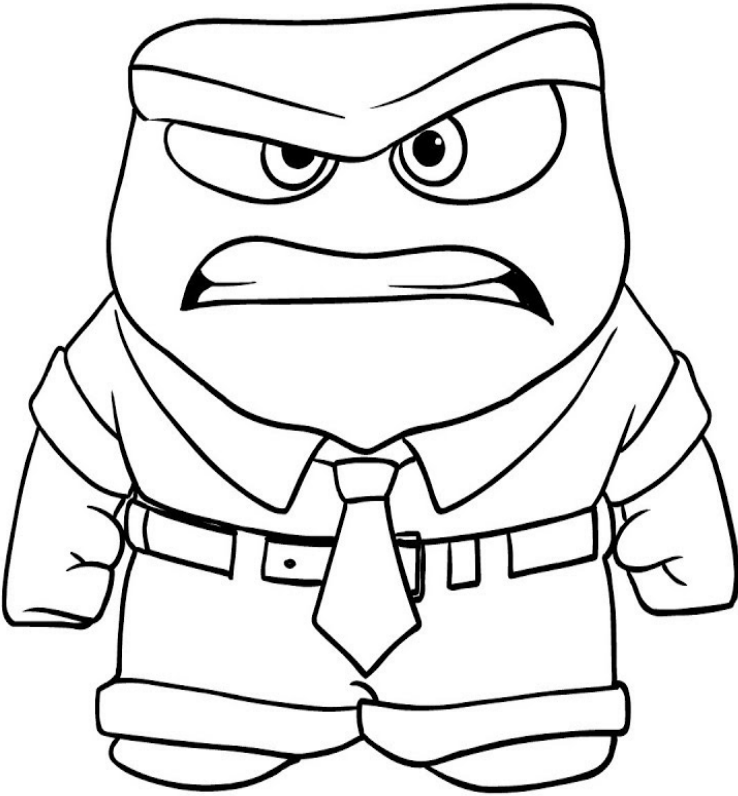
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# Anger

## THINGS TO KNOW ABOUT ANGER:



I am angry when: .....

When I am angry I say: .....

When I am angry I do: .....

When I am angry, other people say or do: .....



# Joy

## THINGS TO KNOW ABOUT JOY:

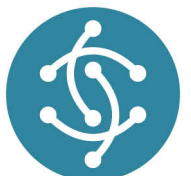
A large, empty rounded rectangular box with a thin black border, intended for students to write their responses to the 'THINGS TO KNOW ABOUT JOY:' section.

I am joyful when: \_\_\_\_\_

When I am joyful I say: \_\_\_\_\_

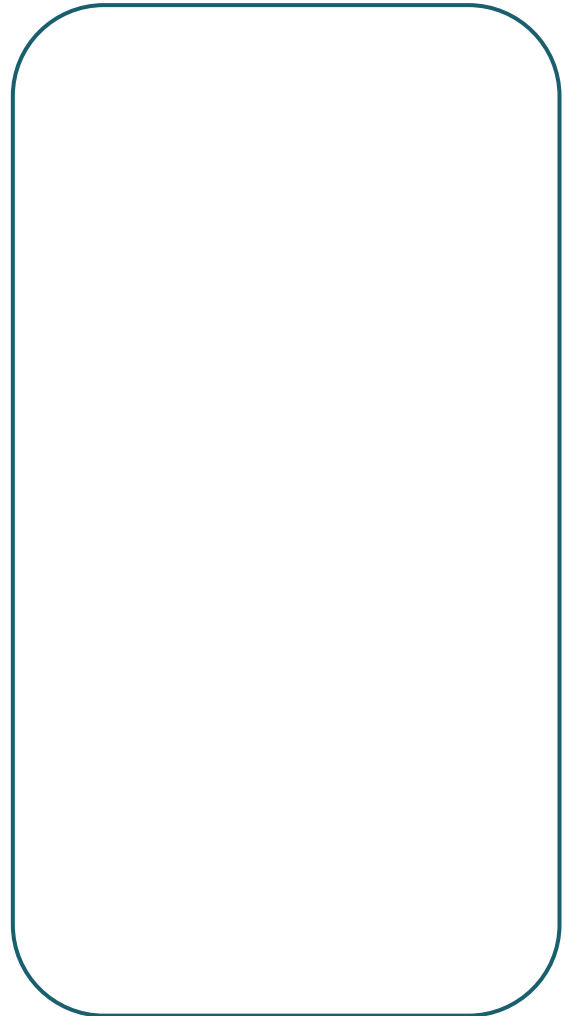
When I am joyful I do: \_\_\_\_\_

When I am joyful, other people say or do: \_\_\_\_\_



## Sadness

### THINGS TO KNOW ABOUT SADNESS:



I am sad when: \_\_\_\_\_

When I am sad I say: \_\_\_\_\_

When I am sad I do: \_\_\_\_\_

When I am sad, other people say or do: \_\_\_\_\_



# Fear

## THINGS TO KNOW ABOUT FEAR:



I am afraid when: .....

When I am afraid I say: .....

When I am afraid I do: .....

When I am afraid, other people say or do: .....





# Disgust

## THINGS TO KNOW ABOUT DISGUST:



I am disgusted when: \_\_\_\_\_

When I am disgusted I say: \_\_\_\_\_

When I am disgusted I do: \_\_\_\_\_

When I am disgusted, other people say or do: \_\_\_\_\_

