

# Inside Out Movie & Discussion Activity

In this activity, students will watch the movie, “Inside Out,” and have a discussion after viewing the movie.

## Potential Discussion Topics:

- Riley had five “personality islands” that made her who she was. What do you think your “personality islands” would be?
- How did sadness end up being important in the movie?
- Riley’s five main emotions - Joy, Sadness, Anger, Disgust, and Fear – all had different times when they were in control. What are some times when these feelings are in control of your body?
- What are some of your core memories?
- Are some emotions bad?
- What do you think was the saddest part of the movie? The happiest part of the movie?
- Some people have certain emotions that take charge more often than others. So, some people are generally happier and some people are generally more scared of things. Which of your emotions come out the easiest? Or, which of yours do you think are the biggest? Smallest?
- What are some ways to cope with anger? Fear? Disgust?
- How can you express anger in a way that doesn’t hurt someone? How can you express joy in a way that lets everyone be happy along with you?

## Additional discussion questions can be found here:

1. [http://www.huffingtonpost.com/samantha-rodman-phd/inside-out-movie-teaches-emotional-acceptance-to-kids-and-adults\\_b\\_7682464.html](http://www.huffingtonpost.com/samantha-rodman-phd/inside-out-movie-teaches-emotional-acceptance-to-kids-and-adults_b_7682464.html)
2. <http://choices.scholastic.com/blog/talking-kids-about-emotions-pixars-inside-out>
3. <http://www.cfchildren.org/about-us/blogs/inside-out-a-parents-guide-to-viewing-teaching-sel-skills>