



COBBLESTONE COLLECTIVE

THANK YOU for coming to our event! Here is a resource sheet to help continue the conversation about the new and nig emotions we saw today!

Cobblestone has open availability for sessions! Please email Kristen for more information Kristen@Cobblestone-Collective.com. She will help you find the right therapist for you, your child and your family!

Talking to Your Child About Inside Out 2

Conversation Starters

- **Discuss Emotions:**
 - “Which new emotion did you see in the movie? How did it help Riley?”
 - “Can you think of a time when you felt more than one emotion at the same time?”
- **Relating to Riley:**
 - “How is Riley’s experience similar to what you’re going through?”
 - “What do you think Riley learned about her emotions in this movie?”
- **Personal Reflection:**
 - “What did you learn about your own feelings from watching the movie?”
 - “Can you share a moment when you felt proud of how you handled your emotions?”

Tips for Parents

1. **Validate Feelings:** Acknowledge your child’s feelings without judgment. “It’s okay to feel sad and happy at the same time.”



COBBLESTONE COLLECTIVE

2. **Encourage Expression:** Create a safe space for your child to express their emotions. “I’m here to listen whenever you want to talk about how you’re feeling.”
3. **Model Healthy Emotional Habits:** Share your own feelings in an age-appropriate way. “I felt frustrated today, but talking about it helped me feel better.”
4. **Use the Movie as a Tool:** Refer back to scenes in the movie when discussing emotions. “Remember how Riley felt when she was sad? What did she do to feel better?”

Activities to Deepen Understanding

1. **Emotion Journal:** Encourage your child to keep a journal of their feelings. They can draw or write about what they feel each day.
2. **Role-Playing:** Act out different scenarios with your child to explore various emotions and responses.
3. **Creative Expression:** Use art, music, or play to help your child express their emotions creatively.

Resources for Further Support

- **Books:** “The Way I Feel” by Janan Cain, “In My Heart: A Book of Feelings” by Jo Witek.
- **Websites:** Child Mind Institute, American Academy of Child & Adolescent Psychiatry.
 - **Professional Help:** If you notice your child struggling with their emotions, consider consulting a mental health professional.