



Questions for Inside Out:

Emotions:

- In the movie, which emotions seem to be running the show most of the time?
- Give examples of days in your life that have more of one emotion running mission control running than others.

Examples:

- Joy – Being at Disney World
- Sadness – Losing a pet
- Anger – Get grounded
- Fear – Starting a new school
- Disgust – Didn't have time to shower and had gym class.
- Which one is in command right now? (CAN ASK THIS QUESTION AT ANYTIME to bring awareness to "who" is speaking)
 - What are some of the emotions that may come up more often while your Service Member is deployed?
 - How about when they are leaving?
 - When they are coming back?
- Who or what can bring out the different emotions in your life? Give examples.
- Which one is in command when you are in doing the following....gaming, sports, hanging out with friends, being with family, vacations, school, chores, etc....
- What is the first emotion that takes over when you wake up in the morning?
 - Does that emotion stay the same for the rest of the day?
 - How can it change?
- Can you imagine the voices that your mom, dad, teachers, and friends have in command? What emotion is control each person most the time?

Example: Riley's Mom had sadness in command and her dad had anger in command

- You can even make it fun by asking about popular characters or people for the kids to decide as a group. (Dory, Nemo, Pooh Bear, Mickey, ect...)
- Which emotions would benefit from becoming more cooperative? (anger, disgust, joy)
- How often do other emotions try to push Joy away and out of control? Can you name and give examples of these? **Are there times when your other emotions try to push joy out the way?**

Islands of Personality:

- Riley's Islands of Personality:
 - Hockey
 - Friend
 - Goofball
 - Family
 - Honesty
- The Islands of Personality incorporate all 5 emotions to keep these going strong. If one emotion takes over it could destroy the island. How were Riley's Islands destroyed? Example: When she got really angry at her hockey tryouts her Hockey Island was destroyed.
If you start to let one or two emotions take over how you feel about your loved one deploying, how can this effect your islands of personality? Give some examples from your personal life.
- Does everyone have the same Islands of Personality? **What do you think are your islands of Personality?** What do you think are some Islands that everyone has or are similar?

Activity:

List all 5 of your own Islands of Personality (Worksheet)

Additional Activity:

Create one of your Islands! Draw, sketch, color, and create one of your Islands of Personality. Make sure that your drawing really shows what this Island is made of!

Sadness:

- Why would you want to keep things in the circle of sadness?
- When Sadness touches memories it turns it from Joy to Sadness. In the movie, what are some good memories that turned sad? What are some sad memories that you turned to joy? Give some examples for them.

- Post Yellow Ribbon only:
 - Sometimes, we need sadness to feel joy. How did this happen in the movie? You have moments that were so good and brought you joy, but having your SM miss them makes you sad as well. What are some instances where this happened during your SM's deployment?

Core Memories:

- What is a Core Memory?
- Can you think of the "Core Memories" which stand out the most in your life?
 - List 3 of your core memories
- Memories can have more than one emotion attached to it (give some examples). What are some things that can happen while your Service Member is deployed that could have more than one emotion attached to it?

Memory Dump:

- What is the memory dump?
- Memory Dump – we dump memories that aren't as important to us as we grow and learn new things, why is this important, do you think there are things we have already dump in our lives, give examples of things you know you already dumped.
- Can you name a "Core Memory" that you would like to put in the "Dump"?

Activity:

Create a "dump" that the kids can put one of their unwanted memories in.

Dream Production:

- In Dream Production, it took some of Riley's memories from the day to create her dreams that night. Let's Hunt The Good Stuff and find positive things to push down to Dream Production.

Activities for Inside Out:

1. Take balls of all 5 colors (yellow, blue, green, purple and red) and pass around as a group.
 - a. First passing and remembering what each color represents
 - b. Then passing them around and sharing a word/thought/phrase that corresponds to that colors.
 - c. Can do the same thing with a memory they may have had that they are willing to share with the group.
2. Draw characters of your emotions. What personal attribute does each one resemble from our personality? Are they holding an item or wearing some costume? What colors are they?
3. Can you imagine a “Core Memory” that you would like to create a new? Re-write the script for it and name the emotion which has voice in your new memory.
4. Talk with a friend or neighbor and share your voices (that you feel comfortable with) with them. Find things that you have in common and those things that you have that are different.
5. Every child get the five different colors, or you can play this 4 corners style, but with a 5th corner in the middle of the room. Bring up scenarios and things that might happen during a deployment and tell the kids that they are to choose the color of emotion of that first popped into their head. Then have kids give ideas or examples of how to turn this scenario into Joy.
6. Imagination Island!!! – Start on plain white paper and have everyone start working on their own imagination island, after 10-15 minutes get a large piece (long is possible) of paper that everyone can work on at once. Have everyone take their imagination island and put it down, try to get everyone to make them flow together. Then have the kids describe the different parts and sections of Imagination Island!
7. If We Could Only Memory Dump!!!! – Talk about the memory dump that there was. Have kids write down memories that they wish they could dump on a post it note (there can be more than one per kid) and have everyone dump those memories. Let kids talk about what they are dumping and why they are dumping it if they feel like they want to.
8. Mixed Emotions – Talk about how at the end the Core Memories start to blend with other emotions. What emotions come up when you start to blend Joy, Sadness, Fear, Anger and Disgust?
9. Dream Productions. Create your own dream production of some of your favorite memories.