**Inside Out – Military Kids!**

Sara Cease, Lead Child & Youth Program Coordinator,

MT National Guard, CPS Contractor

**Thank you to Disney and Pixar for the amazing movie Inside Out! The movie is a fun entertaining movie about the “little voices in your head” This program and activities were developed to discuss the movie Inside Out with military kids at a Yellow Ribbon or other event. It is a great way to talk about emotions! Military kids struggle with all of the mixed emotions they may have over their parent’s service. This will help them identify their emotions, some positive strategies in dealing with negative emotions, and have some fun! Make sure to do some of the activities to get them active and to give them something to take home and remind them of this great training!**

What you will need:

* Mission Control worksheet for each child
* Butcher block paper
* Markers
* Pens
* Supplies for any of the hands on activities and the end this program

**We just watched the movie Inside Out! Did you like it? Today we are going to talk about the movie and ourselves a little bit.**

**Who are the main characters in the movie and what do they represent?**

* Joy
* Sadness
* Fear
* Anger
* Disgust

**What is mission control?**

**Do we all have a mission control?**

Mission Control page – Use this sheet for each child as you discuss the characters.

**Name? Age? Hometown?**  **Who is your military connection? Parent? Deployment status?** - Have kids write those things on the top and margins of their “mission control” page.

**Lets talk about each of the main characters and you!** (use the sheet with all of the colored bubbles to write in and a butcher block paper for each emotion for general conversations) This part is best done *theatrically*!! :o)

****

**Joy!**

**What are the things in the movie that make Riley happy?** Ice hockey, sunshine, summer, puppies, etc.

**What are things that make you happy?** (have kids make a list in the yellow bubble)

Discuss Hunt the Good Stuff – And how to find the positive in every day things.

**Sadness!**

**Sometimes things in life make you sad. Riley was sad when she had to move away from her old life and friends. When she was sad, she cried.**  (have kids list in the blue bubble on the Mission Control worksheet)

**What are things that make you sad?** Parent being away on a deployment, parent at drill, missing my softball game, etc.

**When you are sad what are some things you can do?** Read a book, go for a walk, HTGS, talk to someone you trust, etc.

**Anger!**

**Everything makes Anger mad in the movie! Eating healthy pizza, getting sent to bed early, it all made Riley mad!** (have kids list in the red bubble on their Mission Control worksheet)

**First when we get mad, what are ways to calm down?** Take deep breaths, count to ten slowly, think of a peaceful place, etc.

**Then look at ways to solve the problem!** How could we do that? Brainstorm ideas. i.e. “What do I want in this situation”? Consider other people’s feelings?

**When you are angry, you can look for ways to make them seem better! Lets try and do some together!** (If no room in your red bubble, use the back of Mission Control worksheet for this)

Example 1: You get a bad grade on a test

 Anger – “I hate this class”

 Joy \_ “ I will study harder next time”

Example 2: You didn’t make the hockey team

 Anger – It’s a stupid team anyway

 Joy – I will find a different way to get involved

Example 3: Your parent has to deploy for 12 months

 Anger – He/She will miss my birthday, it is dumb

 Joy – Hopefully they can join us on Skype and be a part of my day

**Now it is your turn! Write down some challenges you are facing and the right and wrong way to handle each situation**.

**Fear!**

**There are so many things to be scared of according to the movie character Fear.** Darkness, bugs, snakes, nightmares, etc.

**What are some of your fears?**

**As a military kid, do you have fear that other kids may not? What are they?**

(have kids list in the green bubble of mission control)

**How can you overcome your fear?** Take a deep breath, talk to an adult, write down the worst thing that could happen and the most likely thing to happen. (MRT - Catastrophizing) **Sometimes this makes your fear seem silly!**

Take a few of example of fears from the kids and walk through a Catastrophizing scenario.

**Disgust!**

**In the movie Disgust keeps Riley from doing anything gross! She also tried to help Riley be cool and more popular.** (Have kids write in green bubble on their Mission Control sheet)

**What are things that you think are gross?** Broccoli, rats, garbage, etc.

**Now write down things that are really, really, really gross!**

**So when you see the things that are really, really, really gross, does it make the first things look less gross!**

**Conclusion**

**Growing up a military kid brings a crazy mix of feelings!**

**Everyone has good days and bad days and everything in between.**

**The important thing is being able to understand and express our emotions in a healthy way.**

**Knowing how to handle things makes all the difference!**

If you like the above, I am working on adding to this… Would love feedback on topics to add:Family**,** Parents**,** Deployment**,** Friends**,** Goal Setting, Change**,** and Loneliness.

Thank you,

Sara

Sara.l.cease.ctr@mail.mil