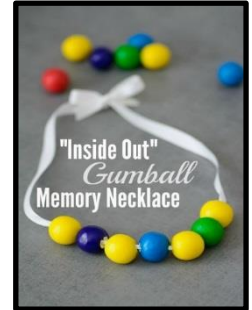




**Mixed Emotions Paper Chain** - Kids can write about their mood on different colored strips of paper to create a paper chain. A strong visual reminder that we all experience a colorful variety of emotions and it is ok to talk about them! Deployed Service Member can mail strips of paper home to share with the Family and vice versa.

**Gumball Memory Necklace** – Use this necklace as a teaching tool to talk about emotions and memories. Make a memory necklace for your deployed loved one and mail it to them in a care package.



**Fear Hand Tracing Activity** - Fear of the Deployment? Fear of the unknown? Have children trace their hand and paint it purple for the character Fear, or whatever color they would like. Have them discuss some of their fears as they paint. Deployment can be a scary topic so be prepared to discuss some of these fears. Provide solutions on how to deal with their fear by writing them down on the painting so they can conquer their fears next time!

**Memory Box** – Have the kids decorate a small box with the different colors of Inside Out memories... Have them write on a corresponding piece of paper about a memory of their choice. Make sure to date it so when looking back you can see if the memory changes... Much like Riley in the movie! They could even decorate it like one of their favorite characters from the movie!



**Emotions and Memory Journal** – Have the kids decorate a journal with the different colors of the emotions of Inside Out. They can use this journal during their loved ones deployment to talk about tough subjects. Mail the journal back and forth monthly to share Service Member and child emotions and thoughts.





**Mood Board** – Help young children express their emotions during a deployment with this great Mood Board. Hang a corresponding character from the movie to tell your Family how you are feeling. If it is a negative emotion, it helps start a conversation on how to make things a-ok again!

### Active Games

**Inside Out Field Hockey** – Use pool noodles or a broom as your stick and colored balls or balloons as your emotion orbs. First one to get the orbs in to a laundry basket wins!

