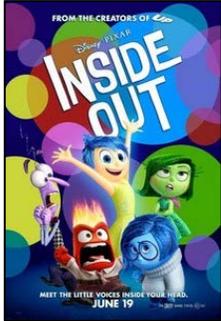


Disney-Pixar Inside Out Movie

Talk about Inside Out Club's character traits exemplified in the movie "Inside Out"



Description: *Inside Out* is a great movie for talking about many of Inside Out Club's key character traits! Here are some great discussion questions to talk about with your child(ren) after you watch the movie.

Time to Complete: 15-30 minutes conversation

Supplies Level: Light

Tags: 3rd – 5th, self-awareness, collaboration, empathy, and perseverance

1. What is **self-awareness**? (Knowing ourselves inside and out) Why do you think the movie is called Inside Out?
2. Let's talk about our own emotions, core memories, and "personality islands."
 - In the movie, when they show inside other people's heads, you may notice that each person has a different emotion that seems to be the leader. Joy is the leader in Riley's head. In mom's head, sadness is at the controls, while in dad's head, anger is the lead. Which emotion do you think would be the leader in your head? Why?
 - What are some of your "personality islands"? What are some memories that you have tied to those? [Optional: have your child draw and color their personality islands]
 - Why do you think it's important to understand yourself inside and out?
3. In order to get back to Headquarters, Joy and Sadness use some of Inside Out Club's character traits.
 - Can you think of examples of how they **collaborated**, or worked together?
 - Can you think of examples of how they **persevered**, or kept trying even when they failed?
4. **Empathy** is an important theme in the movie and means to imagine what it's like to be someone else.
 - In the beginning, do you think Joy shows a lot of empathy? How does she treat Sadness?
 - When Bing Bong's rocket gets thrown into the memory dump, he feels very sad. Joy tries to cheer him up so they can get going again, but it doesn't work. Instead, Sadness sits with Bing Bong and lets him talk about why he's sad. After talking, Bing Bong feels better and is ready to help again. Joy asked Sadness, "how did you do that?" and Sadness replied, "he was sad, so I listened."
 - What character trait did Sadness exhibit? (**Empathy**)
 - Why do you think that worked better than what Joy tried?
5. By the end of the movie, Joy understands that Sadness is an important part of the team. Do you think each of your emotions are important?

We'd love to know what you thought of this project!

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