



Activity: Inside Out

eluna

RESOURCE CENTER



My Emotion

Feels Like

Sounds Like

A memory
when I felt...

Sadness



Disgust



Joy



Anger



Fear

Objective

This activity can be beneficial by creating a fun, safe environment for children to discuss emotions that may be hard to process.

Emotions can be experienced separately or, as the movie shows, more than one emotion can be present at the same time. This can be confusing for children. Sometimes a happy memory can trigger missing someone. This movie does a good job illustrating how all of our emotions work together to build the memories that are important to us.

Instructions

After watching the movie, Inside Out, use the worksheet above as a template for discussion. Tips:

- Any word, symbol, animal, season, or color can be used to describe how each emotion makes you feel. There are no limitations.
- Example: "Sadness feels like a blue cloud on a rainy day. Sadness sounds like crying, a memory when I felt sad was when it rained on my birthday."