

Inside Out 2 Active Viewing Guide

NAME _____

DATE _____

Directions

When we watch a movie at home or in the theater, we think we're just kicking back and enjoying ourselves. But even then, our minds and hearts stay busy. As you watch *Inside Out 2*, you're going to pay attention to what you're thinking and how you're feeling before, during, and after watching. Use this handout as your guide to this journey.

Before You Watch

1. In the space below, **list thoughts, events, circumstances, situations, etc.—big or small, in the moment or anticipated in the future—that make you feel anxiety.**

While You Watch

2. As you're watching, **pick a moment or scene during which you feel empathy** for one or more characters. **Write about (or draw) the character(s), the circumstance, and the reason you're feeling empathy.**



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After You Watch

3. At the end of the movie, Joy encourages Anxiety to just focus on Riley's upcoming quiz. Now, **look back at what you wrote in the Before You Watch list. Circle things** for which anxiety might be helpful, and **underline things** where anxiety can get in the way. Below, **explain your choices** and how you can help your anxiety calm down when it's not helpful.

4. In the movie, it takes Joy and Anxiety time to find peace with one another. Pick one or more examples you listed for which anxiety isn't helpful. What might be some ways to balance that anxiety with joy?

