

## ***Inside Out* Assignment**

*Inside Out*, a Pixar-animated story about an 11-year-old pre-teen girl named Riley and her experience in moving from her hometown in Minnesota – where she grew up with happy memories of ice-hockey, silly jokes with Dad, and fun times with friends – to the San Francisco Bay Area. Though at first Riley tries to make the best of a hard situation, she soon begins missing Minnesota. School is hard, their new house is nothing like their old one, and she feels her parents don't understand her struggles. But the movie is not so much about Riley, the character, as it is about her individual emotions. There are five of them: Joy, Sadness, Fear, Anger and Disgust.

Each emotion is depicted in the film as its own separate character: Joy is a glowing, sparkly fairy-like cheerleader oozing positivity and optimism. The short, frumpy-looking Sadness is your typical Debbie Downer: mopey, teary and lethargic. Anger is a stocky, square fire-breathing ball of irritation. Wide-eyed Fear is always trembling and biting his nails. And the green-bodied Disgust is quick to cross her arms and wrinkle her nose any time she encounters something repelling.

We'll shift gears to something serious, now. Research shows that adverse childhood experiences (ACEs) have the power to shape our personality as well. Traumatic events like childhood neglect, abuse, and more can influence how children see the world and respond to others, even well into their adolescent and teen years. That's why, for instance, adolescents who are generally and chronically unhappy, angry, sad and/or acting out may have had childhood trauma. Untreated trauma can result in long-term physical and mental health issues.

While Riley in *Inside Out* may not meet the clinical criteria for ACEs, it's important for parents to understand that when their family experiences big changes, such as a move, a death in the family, or a significant shift in family circumstances, these changes *always* have an effect on the emotional lives of children. The effect may be small or it may be large. In either case, it's critical for parents to watch their kids closely during times of transition and talk openly about any emotions – positive or negative – that come to the surface. Communicating helps everyone stay on the same page and move forward together as a family.

**Assignment:** Choose a character (highlight). Take notes on the general plot of the movie and how your character develops and/or changes during the movie. Be sure to write in ***complete sentences***. Be sure to include a new section heading for each day (e.g., Day 1, Day 2, Day 3...).

### **CHARACTERS**

- Joy
- Sadness
- Anger
- Fear
- Disgust

### **Plot Notes and Connections**

Riley's first emotion was joy, and her first memory was happily seeing her parents

riley's second emotion was sadness and triggered her into crying as a baby

Then was fear, which helped keep riley safe

Then came disgust, which kept riley from eating veggies and smelling weird scents

Finally, anger made riley want to keep things fair

Core memories are from most important times in riley's life, and contributes to personality "islands",

Joy is optimistic

Riley is moving at 11. The house was dirty and disappointing. Her emotions were all over the place.

Joy is trying to save the bad memories and emotions

Sadness touches the memory, changing the happy memory to sad whenever she thinks about it. Most likely because she feels she can't get that back.

Core memories are not able to change back

Stress made sadness worse, and she said she felt like she was having a breakdown and always is pessimistic and spreading the sadness. Crying makes her obsess over life's problems.

This connects to how we see our past.

Short term memories after everyday, long term emotions- core emotions are making up who you are.

Joy is starting to get annoyed from sadness, and is less logical.

She was really scared the first night and can't think of any positives. Hide from school, cry and stay in the room. Mom's happiness made Riley calm down and return to happiness.

Joy is trying to keep Riley from having bad dreams, memories and experiences.

Joy is trying to isolate sadness

Fear is thinking of all the scenarios and preparing for them.

Disgust is effecting her socializing, which does reflect on how girls can act

The parents' emotions- that were working together much better- were trying to figure out Riley and what she was feeling. I think this represents that they have a better hold on their emotions while Riley is experiencing mixed emotions and inner conflict. This reminds me of trying to fake being happy when upset.

Goofball island would not start up, and fell apart when dad tried to cheer Riley up. I think this represents how events, emotions and aging can change our personalities.

Memory dump, gets rid of old things and thoughts. Memories that are forgotten and not important turn gray.

Riley was upset and jealous of the new hockey player her friend was talking about, bringing down friendship island.

Sadness is being dragged around which is figurative and metaphorical.

Bing Bong is Riley's imaginary best friend.

Sadness is warning joy about going into the dangerous imagination island.

Riley is not remembering how to play hockey and the island went down.

Things from Riley's childhood and Imaginationland is getting thrown out and taken down. I think this represents growing up and changing who you are, as people don't stay the same forever.

The facts and opinions got mixed up

Riley's dreams were in dream production, she had a dream about the memories today. Scary dreams wake her up.

Anger, Disgust and Fear made Riley run away back to Minnesota

Bing Bong was forgotten, this is also a part of growing up.

## **Sadness Character Tracker.**

### **Day 1**

Sadness is the second emotion Riley gained as a baby. Sadness grew more invasive as she got older and moved. With this, Sadness kept invading Riley's happy memories. When put in the

“sadness circle” to prevent Riley from having a bad day in school, Sadness touched the memory which made her really sad when presenting about herself and cried, and then was afraid of being judged, and sadness took over and created a sad core memory. After, all of her core memories and personalities were lost and she shut down which can be depression.

### **Day 2**

Joy and sadness are stuck outside of headquarters, they are trying to repair her core memories, personalities and happiness. Since joy is gone and the islands are gone, the other emotions were in charge, changing how she normally is, pretending to be joy.

Joy is more optimistic and trying for Riley but sadness is scared and accepting defeat.

**Sadness** had a lot of **empathy** with Bing Bong which cheered him up.

### **Day 3**

Joy and Sadness returned back to the headquarters. After this, sadness was able to work as the other emotions. I think the message is that sadness is normal under control. Everyone can feel sad in a healthy way, but sadness can easily become invasive, as seen earlier in the movie. In order to emotionally function well, the 5 emotions must work balanced and logically. Sadness also came through in some tough situations showing how sadness can make you wise, learn, realistic, cautious and empathetic towards others.