

Inside Out 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*, 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 as many emotions as you can**. After you've got a big list, **circle the emotions you see as positive or good feelings**.

While You Watch

2. Pay attention to how the moviemakers use color and music in the movie. **Pick one moment where the use of color or music really stands out and sketch it.**



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3. **Draw the emotion that's "in charge" for you.** Draw it the way you want to; it doesn't have to match the movie characters!



4. **What does your body feel like when the emotion you drew is in charge?**

5. **Look back at the Before You Watch activity** (question one) where you circled “good” emotions. **Would you circle the same emotions now? Would you circle more? Would you circle fewer?** Why? Use an example from the movie to **explain your answer.**

