



Movie, Mood, and Food

Description: Movie, Mood, and Food takes place over the lunch hour and features Disney Pixar's "Inside Out." Students bring their own lunch and spend the first half of the program watching the movie, eating their food, and participating in discussion. This is followed with a corresponding activity.

Purpose or goal of the program: This program uses "Inside Out" to build general knowledge of basic emotions, and self-awareness of how students themselves experience emotions. Students learn about how emotions feel physically and how they display themselves to others. Students build an awareness of how experiences can bring multiple emotions at the same time and how feelings attached to memories can change over time. Students will learn that all emotions, even the ones that don't feel good, are a positive thing.

Number of participants needed (max/min): No minimum or maximum number of participants required. Generally, the group should be a similar size as the average classroom.

Materials & space needed: Staff will provide the movie and paper required to do activities. Students must bring their own food and pencil kits including crayons, glue, and scissors. The space will require a smart board or projector and will need to be large enough to fit a class of students.

Supervision needed: One adult necessary. If the number of participants increases to over 25, additional supervision may be required.

Time commitment: One hour, once a week for six weeks.

Cost: Cost of movie, and paper for the number of participants.

Ideas (if applicable): This program is flexible. It can be run as a weekly program or can take place all at once in half a day. The movie can be watched in its entirety and supplemented with a select couple of activities to enhance learning. This program can be done as regularly scheduled classroom programming or as a registration based lunch or after school program. Lesson one can feature an introduction to the program with a viewing of only the trailer. A final lesson can include an "Inside Out" themed game as a wrap-up during which students will be able to integrate what they have learned.