



INSIDE OUT : MOVIE NIGHT/CLASS MOVIE

Characters:

- Riley (11-year-old)
 - Mom and Dad
 - Emotions
 - o Joy
 - o Sadness
 - o Fear
 - o Anger
 - o Disgust
 - Bing Bong (Imaginary friend)
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"Do you ever look at someone and wonder what's going on inside their head?"

It can be hard to tell how someone is feeling on the inside, when we can only see them on the outside. How people feel emotionally on the inside is their mental health. Riley's emotions - Joy, Sadness, Fear, Anger, and Disgust - control her mental health.

Who is Riley?

Riley is an 11-year-old girl from Minnesota. We learn that she's generally a pretty happy girl. Most of her memories are joyful, and she has a lot of joyful core memories. Her core memories create islands in her mind: family, honesty, friendship, goofball, and hockey island.



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Riley's mom and dad are two trusted adults, who love her and she loves them. They protect and care for her.

She has one best friend who she enjoys playing with.

Riley likes acting goofy with her mom and dad, which makes her laugh and brings her more joyful memories.

Riley likes her home and the frozen lake in the backyard.

Hockey is Riley's favorite sport and activity she enjoys doing the most.

- All of these qualities are protective factors!
- These islands make Riley who she is.

The Big Move

One day, Riley's family packed up their belongings and moved away to a new home in San Francisco.

Riley is excited at first because her dad told her how great the new house would be. When they arrive, the house is a lot different than the one Riley imagined in her head, and it's nothing like her old house, which she loved. It doesn't help that the house is old and dirty, and then on top of it, their moving truck won't be there with her furniture for another few days.

Risk factors:

- Riley's lost her sense of "home."
- She feels uneasy in an unfamiliar place.
- All of the belongings are far away in a moving truck.

Joy has been in control up until this point, but suddenly, Sadness keeps trying to touch core memories that were joyful up until this point. Once Sadness touches them, they turn blue. Sadness says, "I don't know what's coming over me."

Turning Point:

- Sadness is not used to being around.
- Remembering happy times at her old house makes her sad now.



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- Riley notices how busy her dad is with work, and she feels neglected/ignored.

Joy challenges the other emotions to think happy thoughts, and all of the emotions challenge themselves to try because they want Riley to be happy.

First Day in a New School

After a shaky move, Riley has her first day of school. Joy is doing her best to stay in control even though the other emotions seem to be coming up more.

The emotions work together to plan a good day at school for Riley, but Fear and Sadness take over when the teacher announces her arrival to the class.

Riley is nervous to speak in front of the other students, and then it gets worse when she starts talking about her old life back in Minnesota. She starts to feel sad and begins to cry. More of her joyful memories are turning blue/sad.

Change in Personality/Attitude

After this incident, something happens that's never happened before. One of Riley's islands that make up who she is breaks away. Personality Island shuts down. In the shuffle, Joy and Sadness are sucked out of headquarters and no longer have access to the control booth. The only emotions left are Fear, Anger, and Disgust.

Mom and dad notice a change in Riley's behavior at dinner. Her mom invites herself to ask if everything is okay. Riley responds with anger, which causes her dad to respond with anger and send her to her room. Riley is already hurting inside, and this instance doesn't help.

When Riley's dad comes up to apologize and say goodnight, he tries to act goofy with her, which always used to make her laugh, but this time, she just stares and rolls over in her sleeping bag, unamused. After this happens, Goofball Island falls away.



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The next morning, things only continue to get worse. She's video chatting with her best friend when she gets angry and annoyed with her. She slams the computer shut on her best, and only friend. This makes Riley feel even more lonely. After this moment, Friendship Island falls away.

At school, she sits by herself at lunch and no one notices or reaches out to her. Riley is feeling pretty lonely right about now.

Knowing Riley loves hockey, her mom signs her up for tryouts at a local team. Riley has already had a bad day when she goes, and her brain can't seem to get her hockey memories/skills together. She falls on the ice, which makes her feel angry and embarrassed. She skates off the ice and quits. Hockey Island falls away.

In one day, Riley is quickly losing the things that she loves and brought her happiness, which kept her healthy mentally. She lost her best friend, she has a bad day at school, she quits the sport she loves, and then on top of it she can't sleep because of nightmares.

What can we notice?

- Riley could have told her parents how she felt at dinner, but she pushes them away by ignoring her true feelings. In the past, it may have been easier for Riley to share her thoughts with her mom and dad because they were usually happy.
- Riley used to smile a lot and be happy most of the time. She even liked acting like a goofball sometimes! Now, we haven't seen her smile come out and she looks upset. When her dad tries to act goofy, it only makes her feel worse.
- Riley had one best friend that she could always count on, but now she's far away. Even though they can still communicate over the computer, Riley pushes her away the same way she pushed her parents away at dinner.
- At lunch, the other students could have noticed she was sitting all by herself and asked her to sit with them or sat by her. It's hard being a new student who doesn't know anyone.
- After Riley quits hockey, she barely has any of herself left. Why would she be so quick to give up?





The Journey Home

While Joy and Sadness are trying to find their way back to headquarters, they bump into Bing Bong, Riley's old imaginary friend. Bing Bong gets sad when he remembers all the fun he used to have with Riley, and Joy empowers him with positive thoughts and memories they shared.

Joy also empowers him by giving him an important job to do - help them back to headquarters.

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Riley is fed up and Anger convinces the other emotions to runaway back to Minnesota.

She gets on her computer, and decides she is going to buy a bus ticket back home. However, she doesn't have any money. Anger tells Riley it's okay to steal from her mom's purse because it's her parents' fault they had to move in the first place. Honesty Island Falls away.

Up to this point in the movie, we've seen a drastic change in Riley's behavior. She's planning to runaway, she stole money from her mom's purse, she's lashing out, and she hasn't smiled or laughed in days.

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Joy's plan to take a Recall Tube back to headquarters fails, and she and Bing Bong fall away. They land in the bottom of the cliff where everything has been forgotten. Joy can't find her way back to headquarters and she's buried so far down within Riley. Riley has forgotten what it feels like to be joyful.

Joy is sad that she can't find her way back to Riley because she just wants her to be happy. Joy refuses to give up on Riley no matter how dark things have turned.



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While she's walking to the bus station, Riley's mom calls her twice, and she doesn't answer. Slowly, parts of her Family Island begin to fall away. This is when her train of thought is completely derailed, and the control board in headquarters begins to lock up. Once the control board is frozen, she can't feel any emotions. She's not joyful, sad, angry, fearful, or disgusted. She feels blank inside.

While holding onto Riley's core memories, Joy watches the one where her mom, dad, and hockey team make her feel happy. Joy forgot that she was actually very sad that day because she missed a goal, and the other hockey team won the game. Riley even thought about quitting the hockey team because she felt so crumby. Joy realized that memory turned into a happy one when her mom and dad noticed she was feeling down. They helped turn her sadness into joy. She couldn't do it by herself. She needed help.

Joy realizes it's okay to be sad, and joy can come from sadness.

Joy finds her way out of the depths of Riley's mind, and gets her and Sadness back to headquarters. For the first time, Joy lets Sadness take the wheel. Joy challenges Sadness to accept who she is, and this empowers her with the confidence to take control. They both realize it's okay to feel sadness.

Sadness saves the day and is the first feeling Riley feels again. It makes her get off the bus and return home.

Once she gets there, she tells her parents how she really feels about the move. She remembers her old home, friends, hockey team/rink and begins to cry. Riley challenges herself to be honest even though she's afraid her parents will be upset with her for not being happy about the new house, but they hug her and make her feel better. Riley's parents actually share her sadness. Their empathy empowers her.





How did Riley empower herself?

- When Riley feels sad, she realizes that leaving her family behind is only going to make things worse, and she needs their help.
- Riley empowers herself by speaking truthfully to her mom and dad about her feelings. When they say their sad too, it helps her feel better knowing they understand her.

Once Riley was able to accept her emotions, she was able to move forward and begin creating new happy memories in San Francisco.

She rebuilds her islands and even doubles the amount of them. She has more friends, she's playing hockey again, her mom and dad are supportive, and she's picking up new hobbies.

Even though the move was the hardest thing she's ever had to deal with, she got through it with the help of her parents. Now she is happy and smiling again.

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We know that Riley was struggling throughout the movie with her mental health. Not only was she sad, but her Personality Islands that made her who she was disappeared as she lost her protective factors.

Joy was buried so deep inside of her that she could only feel anger, disgusted and fearful, but joy wasn't gone forever.

No matter how hard times seem or how sad you feel there is always hope!





Inside Out Movie Recap Questions

1. When did you notice a change in Riley's behavior?
2. If you were Riley's friend and you wanted to tell her about the changes you've noticed what would you say?
3. Hey, Riley. I've noticed _____ and I'm really worried about you. Is there anything I can do to help? I don't like to see you this way.
4. Was there a time when Riley's classmates could have noticed she was having a hard time making friends? How would you help a new student feel welcome?
5. Can you think of a time when you couldn't help but feel sad?
6. What is one of your happiest memories?
7. Riley loved playing hockey. What is something that you love?
8. If you had to build islands in your mind like Riley had, which islands would you have?



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- 1.
- 2.
- 3.
- 4.
- 5.

9. Moving to a new house is a big deal! Riley moved to a new house, a new state, and a new school. That can be a scary situation! How could Riley have challenged or empowered herself in this situation?

10. It's nice to be happy, but it's okay to feel other emotions like sadness, fear, and anger sometimes. Can you think of a time that someone helped you feel joy after you felt one of the other emotions (sadness, fear, anger)?

11. How could you help someone who feels one of these emotions?

12. In the end, Riley was able to confide in her mom and dad and they helped her feel better. If you were feeling sad, who would you feel the most comfortable telling?

There's a lot going on in our heads! Remember, it's okay to feel sad sometimes, and don't be afraid to tell someone when you need help. How you treat someone can have an effect on the way they think, act, and feel. That's our mental health!

