



**May 2 & 3 at 9:15**

(the play is about one hour and 45 minutes --there is brief intermission)

Public Performances :

May 3 at 6:30

May 5th at 2:00

**Harrisburg Performing Arts Building**

**“INSIDE OUT!” Curriculum** *(prepared by Patricia Hesse)*-- this resource guide is for those attending Weiner Elementary G.T.’s performance of “Inside Out.” Our performance is a full-length play that in some ways is a parody of the Pixar film. It stays true to the original story, but changes and adds some scenes to help kids see that by understanding their emotions, they can choose the positive sides of all emotions to help them be successful, get along with others, and handle the challenges of life. Pixar’s film opened the door to helping kids better cope with their emotions --something seldom talked about in today’s culture.

### **THE CHARACTERS IN OUR PLAY**

**Joy** - *Joy’s goal has always been to make sure Riley stays happy. She is lighthearted, optimistic and determined to find the fun in every situation. Joy sees challenges in Riley’s life as time to get involved, and the less happy moments as hiccups on the way back to something great. As long as Riley is happy, so is Joy.*

**Sadness** - *None of the other Emotions really understand what Sadness’s role is. Sadness would love to be more optimistic and helpful in keeping Riley happy, but she finds it so hard to be positive. Sometimes it seems like the best thing to do is just lie on the floor and have a good cry.*

**Anger** - Anger feels very passionately about making sure things are fair for Riley. He has a fiery spirit and tends to explode (*literally*) when things don’t go as planned. He is quick to overreact and has little patience for life’s imperfections.

**Fear** - Fear's main job is to protect Riley and keep her safe. He is constantly on the lookout for potential disasters, and spends time evaluating the possible dangers, pitfalls and risks involved in Riley's everyday activities. There are very few events in her life that Fear does not find to be dangerous and possibly fatal.

**Panic** - Panic and Fear are always together ...except when Panic faints! He sees the impossibly fatal side of everything and is certain things will end in the worst way... when that happens, he loses the ability to think and falls apart.

**Disgust** - Disgust is highly opinionated, extremely honest and prevents Riley from getting poisoned – both physically and socially. She keeps a careful eye on the people, places and things that Riley comes into contact with – whether that's broccoli or last year's fashion trend. Disgust always has the best of intentions and refuses to lower her standards.

**Envy** - She and Disgust are best friends. She thinks life is unfair and others get what should be her's. She is judgmental and not afraid to tell people what she thinks!

**Hope** - She is Joy's best friend and believes in the future, knowing things always work out for the best. She is wise and caring. Envy can't stand her "*preciousness*."

**Riley** - At eleven years old, Riley doesn't yet have the emotional smarts to respond to a barrage of changes in the healthiest of ways. We watch her as she tries to cope with a move to a new place, a new school, the loss of her friends and her favorite sport, and discover along with her, the lessons that will change her life.

**Mrs. Anderson** - Riley's Mother --she is a high energy, take charge gal who loves Riley!

**Mr. Anderson** - Riley's Father --loves acting goofy and his cell phone, but loves Riley more.

**Brain Workers** - They live and work in Riley's mind and are constantly busy.

**"HIP" Forget # 1 & "HIP: Forget # 2** - These super cool, over-the-top characters send memories they think need to go, to the Memory Dump! They also have a mischievous side and

like to mess with Headquarters. They are comic relief and are famous for singing the gum commercial!

**Meg** - Riley's best friend from Minnesota

**ABSTRACT Faces** - These residents of Abstract Land have no body shape or recognizable face --they bring that world to life and fright!

**Dream Productions Director**- He's the boss in Dream Productions who keeps it all going --and this night he gets to choose the dream!

**Train of Thought Engineer** - Besides keeping the train going, he seems to only have bad news.

**Stagehands 1, 2, & 3** - These crazy guys work for the Dream Productions Director and are super funny and ...super stupid.

**Brain Policeman 1, 2, 3** - Lots of whistle blowing, running into each other, and slapstick comedy with this crew!

**Family Island** - This human island represents Riley and her parents.

**Honesty Island** - This human island looks just like the famous "Blind Justice" statue and that's the truth!

**Goofy Island** - This human island is part clown, part Disney's Goofy, and well --a mess of silly!

**Hockey Island** - This human island wears an ice hockey uniform, has all the accessories and the moves.

**Friendship Island** - This human island looks just like what friendship would look like if you could see your imaginary friend!

**Vampire Island** - This "NOT" human island appears later in Riley's life and comes, just as the name suggests, with fangs!

**Teacher** - She is dorky, not too smart, and obviously lacks sensitivity, but she is kind and means well. Fear and Anger hate her.

**Classroom Divas** - This is who Disgust and Envy want Riley to be friends with. They wear blue eyeshadow and believe they are fashionistas!

**Bing Bong** - Part cat, part elephant, part dolphin, and mostly cotton candy, but he's 100% pure positivity. He was a figment of Riley's imagination, dreamed up when she was three, but sadly forgotten and wandering around Long Term Memory gathering happy memories.

**Puffy the Cloud** - Not your typical cloud. He has tattoos, muscles, wears a white cloud tutu, combat boots, and smokes a cigar. Oh, and he is the boss of Cloud Land.

**Storm Cloud** - She is Sadness's friend and a gloomy one --but don't get caught in her tears without a raincoat!

**Silver Lining Cloud** - This sparkly cloud believes she is it! She likes everyone...except Cloud Nine; their battles are legendary!

**Fog Cloud** - You really have to look for this cloud. She is wrapped in fog and controls the wind.

**Cloud Nine** - This cloud thinks he is the best! After all he is where most people wish they lived; however, as Silver Lining always reminds him, "being on Cloud 9' means people sit their booty on you!"

**The Vacuum** - Stay away from this THING --it goes wild from time to time --now you're here, now you're gone!

**Long Term/Dump Garbage Man 1 & 2** - These dudes wander around Long Term Memory gathering forgotten memories and "rubbish" to throw in the Memory Dump, and that includes something precious to Bing Bong.

**Rainbow Unicorn** - She's the diva star of Dream Productions who expects to be treated as a Queen... and is.

**Jangles the Clown** - This giant clown is Fear's worst nightmare --and Riley's too!

**The Boyfriend** - ...the legend of dreams!

**SHADOW People** - hard to see, but they are there...

## SYNOPSIS OF OUR PRODUCTION

**ACT I.** H\Y'd UmVY[ ]bgk ]h h\YV]fh cZF ]YmiUbX:cZ>cm'K Yh\Yb'a Yyh\Y'ch\Yf' 9a ch]cbg\UbX'UFY]bhfCxi WX'hc'F ]Ym]g'dUFYbhg]b'U'gWbY]bj c'j ]b[ 'VfcWt' ]': YUF' dfcj Yg\ ]gZYUF'cZYj Yfnt\ ]b[ '!!Yj Yb'f]X]b[ 'UV'\_Y'">cmg\ck gi g'Ufci bX' < 958ei UfhYfg' UbX'k Y'gYY'h\Y'7cfY'A Ya cf]Yg'UbX'F ]Ym]g'UbXg' Gi XXYb`nzh\Y\UddmgWbYgVYVta Y' h\cgY'cZ\YUFHUM\Y'UbX'k cffmUg'F ]Ym' UbX'h\Y'9a ch]cbgX]gWtj Yf'h\YmiUFY'a cj ]b[ ' \U'Zk UmUM'cgg'h\Y'Vti bhfnz`YUj ]b[ 'VY\]bX'a i W'cZk \Uha U\_Yg'F ]Ymz'F ]Ym'iH\Y'bYk ' \ci gY'[ ]j Yg'Yj YfncbY'Wli gY'Zcf'U'Ufa 'UbX'YbXg]b'U'7cfY'A Ya cfm'Xfcd]b[ 'hc'h\Y'Zccf' UbX'U'a cgh'VY]b[ 'hci W\YX'VmGUXbYgg!!bch[ ccX'"5ZYf'd`Ubb]b[ 'UbX'a i W'VtbWfb Vmi h\Y'9a ch]cbgZ'F ]Ym[ cYg'hc' \Yf'bYk' gW'cc'"8Ygd]hY'h\Yj'f VYghY'Zcfhgzh\Y'gW'cc' XUm XcYg'bchYbX'k Y'"H\]g'fYg' `hg]b'h\Y'i b\YUF'X'cZ!!h\Y'Uff]j U'cZU'Vi Y'7cfY'A Ya cfm'fU'` h\Y'ch\Yfg'UFY'nY`ck `'\_Y'>cm'"8]gUgh'f'gf'\_Yg' < 958ei UfhYfg'UbX']b'U' h\Y'Vta a ch]cb' Vch' >cmz'GUXbYggz'UbX'h\Y'7cfY'A Ya cf]Yg'UFY'gi W\YX'ci hcZ' < 958ei UfhYfg'

**ACT 2.** >cm'UbX'GUXbYgg'UFY'U'cbY]b'@cb[ 'HYfa' A Ya cfm'UbX'gYY'h\Y'XYd'WUbn'cb'cZ' h\Y'A Ya cfm'8i a d'VY'h'YYb'h\Y'a 'UbX' < 958ei UfhYfg' H\Y'mia i gh[ 'YhVUW'k ]h' h\Y'7cfY' A Ya cf]Yg'!!F ]Ym]g'UbXg'UFY'Xck b'"A ca 'UbX'8UX'a Yyh'U'F ]Ym'h\Ym]g'Y'bYj Yf'\_bck b' VY'ZcfY'"G\Y]g'bc'`cb[ 'Yf'U'\Uddm'nci b[ '[ ]f'zVi hUb[ fmiUbX'X]g[ i gh'X'k ]h' Yj Yfnt\ ]b[ 'z' ]bW'X]b[ 'h\Ya "'A Yubk '\]Yz'>cm]g'hfm]b[ 'hc'Z[ i fY'ci h\ck' hc' [ 'YhVUW' hc' < 958ei UfhYfg'"G\Y'\Ug'bc' ]XYU'\ck' hc' W'cgg'h\Y'XUb[ Yfci g'A Ya cfm'8i a d'"Gi XXYb`mi g\Y'g'Yg'h\Y'í < =Dí : cf[ 'YhYfg'UbX' \cdYg'h\Ym\Uj Y'Ubgk Yfg'"H\YmicZZYf'bc' \Y'd'"5h' < YUXei UfhYfgzh\Y'9a ch]cbgk UHW'Uj ]XYc'UbX'`YUfb'h\Uha Y[ 'zF ]Ym]g'VYgh'Z]YbX'\Ug'U' bYk' Z]YbXza U\_]b[ 'F ]YmYbj ]ci g'UbX'Ub[ fmi'`b'@cb[ 'HYfa' A Ya cfmz'>cm'UbX'GUXbYgg' a Yh'6]b[ '6cb[ 'k' \c'h'`g'h\Ya 'h\Y'HFU]b'cZH\ci [ \h[ cYg'hc' < YUXei UfhYfg'"H\Ub\_Z' `nzh' \Y'\_bck g'U'g\cf'HW'h'h'fci [ \ '5Vgh'fUM'@UbX'hc'h\Y'fU]b'!!bch[U[ ccX' ]XYU' H\Ym'i W\_]m' YgW'dYz'Vi ha ]gg'h\Y'fU]b'"6]b[ '6cb[ ]g'bk cff]YX'" < Y'\Ug'U'd'Ub'"H\Ym'WU'b'Z'mhc' < 958ei UfhYfg]b' \]g'fcW\_Yhk U[ cb'k' \]W' ]g]b' H\ci [ \h'7'ci X'@UbX'"5ZYf'a Yyh]b[ 'U' W'Unm'Vi bW'cZ'Wci Xgzh\Ym\YUF'U'ci X'W'Ug'`H\Y'; UfVU[ Y'A Yb'\Uj Y'h'fck b'h\Y'k U[ cb' ]b'h\Y'A Ya cfm'8i a d'"H\Ym'XYgdU]f'UbX'h\Y'b'\YUF'U'fU]b'k' \]ghY'"6]b[ '6cb[ 'gi XXYb`mi fYa Ya VYfg'h\YfY]g'Ubch\Yf'fU]b'gh'U]cb'bYUF'H\ci [ \h'7'ci X'@UbX'"6]b[ '6cb[ z'>cmz'UbX' GUXbYgg[ 'Yh'cb'h\Y'fU]b'z'Vi h]h'gi XXYb`mg\i hg'Xck b'"F ]Ym]g'Ug'YYd'"B'ch]b[ 'k'cf\_g' k' \Yb'g\Y'g'YYdg'"GUXbYgg'g'Yg'8'fYUa 'DfcXi W]cbg'UbX'h'`g'h\Ya 'h\Ym'WU'b'k U\_Y'F ]Ym' i d'gc'h\Y'fU]b'k ]`k'cf'\_`H\Ym'g'bYU\_]b'hc'8'fYUa 'DfcXi W]cbg'k' \YfY'h\]b[ g'UFY'gi dYf' Vi gnt'9j Ybhi U`nzh'W'Ucg'Yfi dhg'UbX']b'h\Y'k ]'XbYggz'>Ub[ 'Yg'Yb'hYfg'UbX'g'W'fYg'F ]Ym' Uk U\_Y'"H\Ym\YUF'h\Y'fU]b'k' \]ghY'V'ck ]b[ 'UbX' [ 'Yh'cb'h\Y'fU]b'" : ]bU' nzh\ ]b[ g'UFY' `cc\_]b[ 'VYh'Yf'"6i h'h\YfY]g'U'ci X'gci bX'`'\_Y'Ub'YUF'h'ei U\_Y'"F ]Ym]g'UbXg'UFY'W'Ug' ]b[ ' !!Yj Yfnt\ ]b[ ]g'g'U\_]b[ "'`h]h\Yb'h\Ym'YUfb'F ]Ym]g'fi bb]b[ 'Uk Um'UbX'Yj Yfnt\ ]b[ 'Uh' < 958ei UfhYfg]g'U'a Ygg'"H\Y'Vta a ch]cb'Wli gY'g'h\Y'fU]b'hc'XYfU] 'UbX'`ZU' ]b'hc'h\Y' A Ya cfm'8i a d'k ]h'GUXbYggz'6]b[ '6cb[ z'UbX'>cm'iH\]g]g'U'h'a Y'cZ'ZYUF'UbX'g'UXbYgg'" K' \UH'j Yf'k ]`'\UddYb'hc'F ]Ym'8'K' \UH'j Yf'k ]`'\UddYb'hc'GUXbYggz'6]b[ '6cb[ z'UbX'>cm]b'

h\Y'A Ya cfm8i a d3'F ]\Ym\Ug'ghc`Yb`U'WfYX]h'WfX'Zfca` \Yf'a ch\Yf@'di fgY'UbX ]g'g]h]b[`  
cb`U'Vi g'hc`K ]g'V'bg]b"K \Uh'j Yf`k ]``\UddYb`hc`\Yf3""WELL...`K`Y`UfYb@]`c]b[`hc`hY``  
mci`k`\Uh\UddYbg"Mc`i`k ]``g]a d`m\Uj`Y`hc`k`U]hi`bh]`mci`g`Y`h\Y`d`Um`

## **TERMS HEARD AND USED IN THE PLAY:**

### **@b] !hfa`a Ya cfm`**

The memory orbs that come to “HEAD”quarters (get the pun) are sent through vacuum tubes to 'Long Term' Memory, a library of endless shelves that hold Riley's memories. *(In the Pixar film, Long Term looks like the cerebral cortex, folded outer layers that make a mammal's brain resemble a walnut.)*

### **A Ya cfm8i a d`**

The “HIPP” Forgetters pick memories off a shelf in Long Term Memory and send them to the 'Memory Dump', a deep chasm where the unwanted orbs go dull and lose the information they carry – such as old phone numbers and piano lessons. Joy and Sadness learn that when we cease to care about or use a piece of information, we eventually forget it or are unable to recall it. *(The Memory Dump represents this, however forgotten memories are never completely gone in real life.)*

### **A Ya cfmCfVg`**

In the movie and our play, an individual memory is a single orb and is colored based on the color of the Emotion (*yellow is joy, red is anger, etc*). But brain science tells us that each memory doesn't exist in a specific location, but is actually a branching network of neurons.

### **G`Yd`**

Sleep is an important process for learning and storing memories. The brain's hypothalamus controls the switch between being awake or asleep. When Riley sleeps, the emotions are no longer available, except in...her dreams.

### **""8fYu g`**

There are many theories about dreams --one is that the sensations and emotions we experience in dreams are a side-effect of the strengthening of the day's important memories and pruning of the not-so-important memories in our day. Our brain tries to make sense of our thoughts by stitching them together into a logical story --most of the time that story is not too logical. In Pixar's film and our play, Riley's mind has a studio called 'Dream Production' that creates movies based on her past experiences.

### **A Ya cfmFYWU`**

In *Inside Out*, recall occurs when memory orbs from Long Term are sent back up to Headquarters, where a projector shows a past event. Almost all of our memories are not complete. We remember parts of events, but seldom remember every single thing. Every time a memory is accessed, its bits are pieced back together and are more like 'recollections.'

### **5 VgffUWtH ci [ \ h**

Abstract thinking is mainly about two things: 1. it is thinking about, not specific objects (for example, a robin or a glass), but broad concepts (such as birds in general or things made of glass). 2. It is thinking about what can't be touched or even seen by others --for instance, when looking at an abstract painting, the viewer creates within his mind a concept of what the painting is about.

### **9a chjcbU`bH`][ YbWW`**

Emotional Intelligence is our ability to understand our own emotions and the emotions of others. It's how we use emotional information to guide our thinking and behavior. And it helps us to give support to others when they need comfort. Empathizing with others and solving problems effectively all require emotional intelligence. And, unlike other forms of intelligence, emotional intelligence can be **`YUfbYX**.

### **bXi Wj YFYUgcb]b[ `**

Thinking about things or ideas going from the specifics to the general. For example, you see a raven and it is black. Then you decide that ALL ravens must be black.

### **8 YUJi `**

The feeling that you've seen something before or done something before --kinda like going to a new place with your parents and then thinking you've been there before, although you know you really haven't.

### **@b[ i U YDfcWgg]b[ `**

The ability to hear and understand what is being said to you. Yep, our brain does that too!

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### **7f]hWU`H ]b\_]b[ `**

Looking at facts and then making your own judgment about what you discover. Critical thinking can be part of anything you make a judgment on based on what you see or hear or READ!

### **H ci [ \ h7 `ci X` @bX`**

It isn't surprising that there is a Thought Cloud Land inside our brains. We spend more time thinking than we do anything else. There are many character names here that revolve around the word "cloud" and also describe how we think. How many expressions can you think of that deal with thoughts and are, in some way, about clouds?

### **7cfYA Ya cf]Yg`**

The film introduces us to "core memories" which are from "a **super** important time in Riley's life. The Core Memories power Riley's various personality traits. For instance, because of her experience skating and being on hockey team, hockey is very important to Riley. She values friendship, honesty, humor, and her family. They are what drive her personality. Each of us has a "core self" and "core beliefs" that shape our personality. They can change or fade away over time, but they are always part of you.

### **<958ei Ufhfg`UbX`H Y7cbhfc`DUbY`**

The control board began as a single button when Riley was a baby. Later, depending on which emotion touched the console button, that was the emotion Riley felt. With time the control board became more complex, with dozens of button, nobs, switches, dials, and even a socket for screwing in idea light bulbs. The emotions and control board reside in "Headquarters." Headquarters is attached to Long Term Memory, but LOOK OUT! --the Memory Dump lies in between. Headquarters is where it all happens...

### **H Y=g`UbXg`cZDYfgcbU]mi**

The Islands are named Family, Honesty, Friendship, Goofball, and Hockey. They are the main parts of what make Riley who she is. For example, during her early years, through meaningful interactions with her father, she picks up on his silly, playful sense of humor, and develops her own "goofy" characteristics that make up Goofball Island (*one's personality isn't just shaped by what we experience --it's also inherited*). The Islands are unique to Riley. Each of us would have our very own set of Islands, and they would all look different. What are your's?

### **HfU]b`cZH ci [ \ h**

We are always thinking. Typically, one thought leads to another and then another..That series of thoughts or ideas is called our train of thought.

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## 9U'K cfa`

Have you ever gotten a song in your head and can't seem to get rid of it? You hear it over and over. The harder you try to convince yourself to tune it out... YEP, it comes back. This phenomenon is actually called an ear worm!

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## G79B9G`B'CI F'DFC8I 7HCB'C: 'Í-BG-89`CI HÍ`

### ACT 1

### ACT 2 cont.

Riley is Born	Thought Cloud Land
Meet the Emotions	A Time of Loss
I Hate Broccoli	Problems at Headquarters
All About Core Memories!	Dream Productions Chaos
The Islands of Personality Appear	Jangles!
Moving to "THE" House!!!	The Train Ride
First Day of School Terror!	Running Away from Home
Disaster Strikes -Who will Riley be????!!!!	The CRASH & the Memory Dump
<b>ACT 2</b>	Riley's Bus Ride ALONE
Arrival in Long Term Memory - What Now?	A Journey of Triumph & Loss
The "New" Riley	Family Reunion
Video-chat with Meg	Riley Meets the Emotions
Joy & Sadness Meet Bing Bong	The Emotions Meet the Vampire...
Danger in Abstract Land	Riley's New Boyfriend
The Missed Train Ride	Celebrate --"Can't Stop the Feelings"

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H97<BC@C; 9G/ 'GD97-5 @9: : 97HG'I G98 'B'H<-G'DFC8I 7HCB/'  
7<5 @@B; 9G!!'



**VIDEO & GO-PRO CAMERA:** The Emotions cannot see Riley --hey, they're inside her head! But --they do see what she sees on a large screen in Headquarters. They make judgments about what they see based on who they are. Anger is usually mad, while Joy thinks all is great! This was achieved by putting a GoPro camera on the actor who plays Riley. The opening scene where Mom and Dad are looking at newborn Riley was made possible by putting the GoPro camera on a shoebox!

**SOUND EFFECTS & MUSIC:** Background music is important in setting the mood of a scene --without it, Jangles wouldn't be as scary and the brain police wouldn't be as funny. Without sound effects, watching a new Core Memory coming into HEADquarters wouldn't be as magical!

**LIGHTING:** Lighting is achieved using: the colored light board for the stage itself; two large colored spotlights; strobe lights and a fog machine; LED battery lights; glowing orbs of various sizes made of LEDs; and balloons with LEDs inside.

**CARTOON ACTING:** In most plays, the characters talk, move when called for in the script, and look at who is speaking when it isn't their turn to speak. HOWEVER... cartoons work very differently. In a cartoon, no one is still --everything is moving. The actors in our production had more movement to learn than anything else --even lines. Each and every movement you see on the stage was planned and practiced and practiced, to give it a cartoon look.



**THE SHADOW PEOPLE:** Our production requires moving inanimate objects --that means things that don't get up and move by themselves! Simply picking those objects up and moving them would be really distracting and less magical. In order to move objects --enter the Shadow People. You will notice them in the play --they aren't completely invisible, but

they are hard to see. They are dressed all in black. Believe it or not, they can see out of the head covers.

**ABSTRACT LAND:** Abstract Land really presented a challenge. We had to discover a way to make it both scary and something with lots of actions! Making the stage dark and using the Shadow People was our solution.

**THREE SCENES OF THE SAME THING AT ONE TIME!** In many of the scenes you will see what Riley sees (GoPro) on the big screen, you will see the Emotions looking at that video and discussing what they see, AND you will see the character playing Riley in the front of the stage saying the lines and responding with her acting to what is happening in the video. This means that without looking at the video herself, she has to say her lines and time them so they match what is happening on the screen. It also means that the Emotions must say their lines in a timed manner so they do not speak over Riley or the video. This part of the production takes a LOT of practice, but looks super cool!!!

**SPECIAL VIDEOS:** Many of the videos use green screen technology. This makes it possible for Riley and her parents to look like they are standing on an ice hockey rink! It makes it possible to look like they are actually in a car driving over the Golden Gate

Bridge. Some videos are abstract and appear as something you'd see in your imagination. There are videos that combine Facetime and smartphone selfies too! The night scene where Riley is falling to sleep is awesome!!!! There is also a tribute video clip from Pixar's original film to honor them for their incredible creativity and attention to detail in storytelling. The chosen clip seemed to shout to us that this scene must be viewed from the original movie --and so, it is.

**THE VACUUM CLEANER:** How do you create a vacuum large enough to suck up the large Core Memory Balls and Joy and Sadness? Wait and see!!! You will love the vacuum cleaner. It breathes in more ways than you can imagine.

**CAST & CREW:** Our production of "Inside Out" has challenged us all --talk about risk taking. We tried new things that really put our creativity to the ultimate test!

### **DIFFERENCES BETWEEN OUR PLAY AND THE PIXAR FILM...**

\* the script is a combination of the original story with some scenes omitted and new ones added which was done because... WELL, the play would be too long, and some scenes would be nearly impossible for a stage production.

\* in the original "Inside Out," Sadness was not sucked into Long Term Memory with Joy. She is in our production. We felt that the importance of Sadness to the well-being of each and every one of us needed to be REALLY showcased. We gave her a more prominent role.

\* we replaced the Long Term Memory brain workers with the "HIPPO Forgetters." Why? We thought they would be fun for the audience! They are really smart alics!!!!

\* we left out several of the "Lands" in Long Term Memory due to time. We expanded Thought Cloud Land --which was briefly mentioned in the Pixar film --and used it for comedy, cool costumes, and a play on all the words about thinking that have the word "cloud."





# **GOAL: *Understanding Our Emotions and How to Respond to Them in Effective, Positive Ways***

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the positive and negative sides of all emotions are neither good or bad, but depend on the way they are used in a situation. For instance, there are times it is “good” to show anger

 <p><b>JOY</b></p>	 <p><b>ANGER</b></p>	 <p><b>SADNESS</b></p>
<p><b>JOY</b> wanting the happiness of others</p>	<p><b>ANGER!</b> an explosive reaction to frustration</p>	<p><b>SADNESS</b> lonely, no energy, nothing looks good</p>
 <p><b>PANIC</b></p>	 <p><b>HOPE</b></p>	 <p><b>ENVY</b></p>
<p><b>PANIC</b> loss of thinking due to extreme fright!</p>	<p><b>HOPE</b> trusting all will turn out well</p>	<p><b>ENVY</b> resenting and wanting what others have</p>
 <p><b>FEAR</b></p>	 <p><b>DISGUST</b></p>	<p><b>Graphics Emotions in play. Definitions explain the “personality” of the emotions --however, those definitions change somewhat at the end of the play...</b></p>
<p><b>FEAR</b> intense worry about what has happened, is happening, or might happen</p>	<p><b>DISGUST</b> being grossed out by something you judge as mentally or physically yucky</p>	<p>(Hope, Envy, &amp; Panic created by my granddaughter! --Charly McClard)</p>



DCG=H=J 9'G=89'C: '9A CH=CB GÅ 'gYyb'UhYbX'cZd`Um

## **JOY**

grateful in even the  
**WORST** of times,  
knowing those times  
grow us

## **ANGER!**

take action  
against problems

## **FEAR**

avoid danger, that  
keeps us safe

## **DISGUST**

reject what is  
physically &  
emotionally  
unhealthy

## **ENVY**

motivates us to  
try our best and  
achieve a goal

## **PANIC**

tells us we are  
taking a positive  
risk that grows us

## **ANGER!**

take action  
against problems

## **SADNESS**

connect with  
those who help in  
times of trouble

## **HANDBOOKS & STUFF**

GHI 89BHG8I F=B; H<=G'GHI 8M=VYUHYX'k \]W'Wb'VY'Zci bX]b'dXZ  
Zcfa Uh'Uh '\hd.##k Y]bYf[h'k YV'm'Vta #ci hg]XY!]b!!a f!fc[Yfg\"ha`  
Mci 'UfY'k Y'Vta Y'hc'i gY'hYa`

%5B; 9F'A 5BI 5@`**All about handling your "ANGER!" (this was created for students in my classroom) --based on work by Dawn Huebner. (LINK ABOVE)**

&">CM'A 5BI 5@`**Bring "JOY" into your life and learn how to handle ALL your emotions better and make friends! I adapted this little book from Dale Carnegie's, "How to Win Friends and Influence People" for use with my students. GREAT for thinking about how what you do or don't do determines how others look at you. (LINK ABOVE)**

3. (also on website address above) You will notice a section on Mr. Rogers --yes, Mr. Rogers! Regardless, of the age of your students there is much to be learned from Mr. Rogers. Each of his episode deals with an emotion in some form. We viewed one occasionally, using it for a journal writing activity related to the truth he shares. \*\*\*There is no need to show the entire episode. Be sure to show these!!!

A. LOOK FOR THE HELPERS: [https://www.youtube.com/watch?v=-LGHtc\\_D328](https://www.youtube.com/watch?v=-LGHtc_D328)

B. for older kids/gifted: Mr. Rogers speech to Congress (powerful) --there is much to talk and write about in this. INCREDIBLE!

<https://www.youtube.com/watch?v=fKy7ljRr0AA>

C. Other episodes are found here:

<https://pbskids.org/video/mister-rogers/3022643183> Students could select an episode and write about the "emotion" lesson it teaches or act out an episode for a younger group of students.

4. Newsela allows students to read the same article on a variety of reading levels!

## **DIFFERENCE BETWEEN SYMPATHY & EMPATHY**

<https://newsela.com/read/lib-difference-between-empathy-sympathy/id/38649/>

## **LISTENING TELLS MORE ABOUT FEELINGS:**

<https://newsela.com/read/lib-difference-between-empathy-sympathy/id/38649/>

## WHAT GOES ON IN OUR CREATIVE BRAINS?

<https://newsela.com/read/brain-creativity/id/10343>

## WHAT IS DREAMING?

<https://newsela.com/read/lib-convo-what-is-dreaming/id/27884/>

## WHY DO WE DREAM?

<https://newsela.com/read/elem-big-qs-why-do-we-dream/id/34097/>

There are other brain articles listed there as well. (The web is FULL OF STUFF!)

					
Inside Out (DVD 2015) Case An...	Inside Out; DVD; Director - Pete...	Inside Out (Dvd), Movies	Inside Out; Blu-ray; Director -...	Inside Out ( Disney/Pixar...	INSIDE OUT - JUNIOR
\$1.62 Used eBay	\$6.40 Used Barnes & Noble	\$19.99 Target ★★★★★ (1k+)	\$5.35 Used Barnes & Noble	\$3.51 Target 90-day returns	\$3.51 Amazon.com

ENCOURAGE your parents to purchase the DVD “Inside Out” to view with their child. It is a wonderful film --colorful, creative, and has so many things to teach families about their emotions.

## The following websites have curriculum ideas based on “Inside Out”

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<https://www.socialthinking.com/Articles?name=5%20Teaching%20Ideas%20Connected%20to%20Pixars%20Movie%20Inside%20Out>

<http://www.projectschoowellness.com/how-to-use-inside-out-in-your-classroom/>

There’s a LOT on Pinterest!

<https://www.pinterest.com/pin/272397477438977556/?lp=true>

<https://www.gettingsmart.com/2015/07/12-ways-to-use-inside-out-to-teach-sel-stem-and-lifes-ups-downs/>

<https://blog.ed.ted.com/2015/06/24/the-science-of-inside-out-5-ted-ed-lessons-to-help-you-understand-the-film/>

This site has lots of clips from the film

<https://www.thehelpfulcounselor.com/20-inside-out-clips-to-help-teach-children-about-feelings/>

<https://www.psychologytoday.com/us/blog/growing-friendships/201506/inside-out-and-beyond>

THIS SITE IS A MUST!!!! --IT IS PIXAR'S... and I saved the best for last

<https://www.pixar.com/feature-films/inside-out/>

NEED MORE INFORMATION...

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**Final Comment:** Kids *bYYX* to see this film. Get them really into the learning it provides through discussions, projects, and maybe even your own theatrical project. Kids love to step “inside” a character and become someone else on the “outside.” This creates a non-threatening arena for talking about tough topics --even their emotions. Over the years I have found that there are few things that grow kids socially and “emotionally” more than drama does. Here is a list of what I’ve seen drama accomplish with kids.

- †XYj Ycdg'di V]WgdYU\_]b[ 'g\_]`g`
- †`YUfb`h Yj Ui Y'cZHYUa k cf\_`
- †i bXYfghUbx`Ya dUa miVm`jj ]b[ ]b`U`W UfUWYf`
- †`YUfb`tc`WtdY`k ]h` g]fYgg`
- † [ U]b`WtbZXYbW`
- †`YUfb` \ ck`tc` \ Uj Ynci f`k YU\_bYggYg`dc]bhYX`ci hUbx`\ ck`tc`k cf\_`cb`
- h cgY`k YU\_bYggYg`k ]h` ci h]U\_]b[ ]hidYfgcbU`mi
- †i bXYfghUbx`h Y]a dcfHUbW`cZXYUX`]bYg`UbX`\ UfX`k cf\_`
- †]a dfcj YfYUX]b[ `UbX`Wta dfY\ Ybg]cb`g\_]`g`
- † [ U]b`U\ ] [ \ Yf`UddfYW]U]cb`cZH Ydck Yf`cZH Y`k f]hYb`k cfX`
- †XYj Ycd`gcV]U`]bhYfUW]cb`g\_]`g`
- †Yi hYbX`h YUV`]hmitc`a Ya cf]nY`
- †g]Umid\ ng]WU`miUW]j Y`
- †`YUfb`fYU`k cf`X`i gY`cZdfcV`Ya `gc`j ]b[ `UbX`WYU]j ]mi
- †VYWta YdUfhcZ[ ]j ]b[ `UbX`WYU]b[ [ ccX`a Ya cf]Yg`
- .

