

An "Inside Out" (Disney/Pixar) Study Guide: Understanding Emotions



1. When we meet Riley, most of the time Joy is in charge of her thoughts and personality. Which emotion(s) do you feel most often?

2. Riley and her family go through a lot of changes when they move from Minnesota to San Francisco. Have you ever gone through a big transition?

3. How are the glowing balls, or "core memories" made? What are yours?

4. What do the core memories have to do with Riley's personality?

5. When Sadness touches one of the happy core memories, she colors it blue. What do you think is going on then? Is it possible that our current moods can color our past memories? Or how we define our personality?



6. Do you think that the core memories were changed forever or was there a temporary filter on them?

7. When Riley's mother tells her that she is helping her parents by being their "happy girl," Riley feels pressure to only show them her joy. What do you think this?

8. Do you think that our society values certain emotions over others? Which ones?

9. At the end of the movie, Joy learns that other emotions, especially Sadness, are also important. Why?

10. Do you think it is easier for males or females, or for younger or older people, to express different emotions? Which ones? Why?