



Movie Study Guide

Sister Rose Pacatte



Warning: Movie spoiler alert!

Inside Out

1. *Inside Out* is about the emotional life of an 11-year-old girl named Riley. Write five emotions mentioned in the film, then circle the emotion you feel most often and write about how you balance your feelings like Riley:

2. What happens in the movie that causes Riley's emotions to take action? Did you and your family ever move from one place to another and leave friends behind? What helps you when you feel sad about change in your life?

3. Riley's emotions are tied to memories of her hockey team, school, family life in Minnesota, and her friends. How do her emotions help her when she feels sad? Why is it ok to feel sad? What do you do when you feel sad, angry, afraid, disgusted, or joyful?

4. The movie seems to say that Riley's emotions are all that make up her personality. But emotions are about what we *feel*. Personality makes up how we *think*, *make choices*, and how we *act*. Looking at the "whole" Riley, how would you describe her personality traits? Would she make a good friend? Why or why not?

5. Do you agree with Sister Rose's review of *Inside Out*? If your opinion is different, or if Sister Rose forgot something important, write your own review here: