

# Movie Reflections

## Movie - Inside Out

Inside Out shares Riley's big move with her family to another part of the country. We see inside the mind of Riley and her family with a host of funny characters giving us a view of each of their lives. The story shows us how change can be hard and emotions can be quite tough to communicate. They learn a lot as a family and all comes good in the end..

### Emotions are signposts

Riley has four 'characters' at the control desk in her mind. Joy likes to be the boss but she also has to learn the value of all the emotions Riley can have.



Have you experienced a change like moving to a new house or school, losing someone you love or giving up something you would have liked to keep doing?

What have you learnt about yourself from that time?

### It's okay to not be OK

As the story of Riley's life included things that she could not control we see this affected her and how she felt. She can't always be 'happy' and we actually see how Sadness really helps her to grow in relating positively with her family and understanding herself better.



Have you ever felt you have to be "happy-all-the-time"?

In this time of being at home, what emotions are you truly feeling?

*(It's brave to be honest and it can bring us all closer as we seek to open and understand together)*

### Because I am happy...

In the movie, Riley's love for her family, pizza and hockey is clearly shown.



What can add to you being happy?

What are some of your happiest memories?