

## INSIDE OUT

Sometimes when you look at someone... don't you wonder what's going on inside their head?



### TECHNICAL INFORMATION

Year: 2015  
Duration: 94 mins  
Country: United States  
Director: Pete Docter, Ronnie Del Carmen  
Script: Pete Docter, Meg LeFauve, Josh Cooley (Story: Pete Docter, Ronnie Del Carmen)  
Music: Michael Giacchino  
Photography: Animation  
Producer: Pixar Animation Studios / Walt Disney Pictures

#### Awards:

2015: Oscar: best animation film. Nominated for best original script  
2015: Annie Awards: 10 awards, including Best Picture and Direction  
2015: BAFTA Awards: Best animated film  
2015: Cannes Festival: Official section feature films (out of competition)  
2015: Golden Globe Awards: Best Motion Picture  
2015: David di Donatello Awards: Nominated for best foreign film

### SYNOPSIS

Riley is a girl who enjoys or suffers all kinds of feelings. Although her life has been notable for Joy, she also experiences other types of emotions. What Riley doesn't really understand is why Sadness has to be in her life. A series of events mean that Joy and Sadness come together in an adventure that ends up turning Riley's world upside-down.

Self-esteem, helping, cooperation, empathy, effort, stability, generosity, respect, tolerance ...

### VALUES

**INTERESTING FACT:** The director came up with Inside Out by studying the human mind with a number of experts in light of obvious changes in the personality of his own daughter.



## BEFORE WATCHING THE FILM:

Would you be able to explain the following concepts? Emotion, feeling, thought, identity, dream, ideals, personality, brain.

Riley and her family move to San Francisco leaving their life behind. Do you think it would be easy to start again in another city? How would you feel?

Write on the board a list of feelings and emotions and analyse them. Are they all necessary? Why? Which are your favourites?

Do you recognise the five main emotions that feature in the film? What are they? How did you recognise them?

## AFTER WATCHING THE FILM

Have you ever wanted to know what's going on inside someone else's head? And have you ever been able to guess? How did that go?

What does Joy feel like? And Sadness? What are the other emotions like?

What is your favourite island? What do you think would be your characteristic islands?

What goes on in the world of dreams? What would yours be like? Share a dream or nightmare that you remember with your team mates.

The island of friendship is very important. Does Riley have many friends? How does she feel about it? And how about you: do you still have friends from when you were little? Do you remember having an imaginary friend?

What do you remember most? Identify some memories. Why are un-joyful memories important? How does identifying negative emotions help us?



# SHARING EXERCISES



Between all of you, make up an imaginary friend for the class, following the example of Bing Bong, made up of different animals. Then give him or her a funny name and imagine what his or her characteristics and predominant emotions would be.



Then working individually, imagine what the island of your personality would be like... what elements and characteristics it would have. Draw it out on a sheet and then put them all together in a mural. These are your individual worlds!



Working all together, make a roulette wheel with the five emotions that feature in the film - making a circle of cut pieces of cardboard with the characters, colours, and any images you like, related to Joy, Sadness, Anger, Disgust and Fear. Once you've made the wheel, play at turning it around and improvising games, exercises and debates about the resulting emotion.



## Examples

- Do you remember any anecdote related to the emotion?
- Could you represent it using mime?
- Can you say a sentence using that emotion?
- And could you say the same sentence with another emotion?