

## Objective

By the end of this lesson, the student will understand the basic emotions represented in the movie "Inside Out" and how these emotions can influence our thoughts and actions. The student will also explore how emotions relate to different aspects of social studies, such as culture and personal experiences.

## Materials and Prep

- Paper
- Colored pencils or crayons
- Timer (optional)
- Quiet space for discussion

Before the lesson, it would be helpful to review the characters from "Inside Out" and the emotions they represent: Joy, Sadness, Anger, Fear, and Disgust. This will make the activities more engaging and relevant.

## Activities

- **Emotion Drawing:**

The student will draw each character from "Inside Out" and color them according to their emotions. For example, Joy can be yellow, Sadness can be blue, etc. This helps the student visualize and remember each emotion.

- **Emotion Storytelling:**

The student will create a short story using the characters from "Inside Out." They can choose a situation where different emotions come into play. This activity encourages creativity and understanding of how emotions affect decisions.

- **Feelings Chart:**

The student will make a feelings chart, where they can write or draw different situations that make them feel each emotion. This helps them connect personal experiences with the emotions represented in the movie.

## Talking Points

- "Can you tell me what each character in 'Inside Out' represents? What color is Joy?"
- "How do you think Joy feels when she helps Riley? What about Sadness?"
- "Can you think of a time when you felt like Anger? What happened?"
- "Why do you think it's important to feel different emotions?"
- "How do our feelings change the way we act towards others?"
- "What can we learn from Sadness, even if it feels yucky sometimes?"
- "Do you think all emotions are important? Why or why not?"
- "How can understanding our feelings help us in our everyday lives?"