

# Inside Out

## Film and Food Night

Disney Pixar's Inside Out

Ages 6+

Inside Out has proven to be a great tool for promoting emotional intelligence in people of all ages.

Film (certificate: U, duration: 95mins)

### Games

- Disgust or Bust – Bertie Bott's Every Flavour Beans blind taste test (they are Vegetarian, Kosher and gluten free, and can be bought online)
- Find Your Joy – taking it in turns, everyone tries to laugh without smiling (spoiler: everyone ends up laughing more!!)
- No Fear – matching phobias to fears (see below)

Discussion Questions (remind everyone that there are no wrong answers!!)

- In Riley's parents' brains, Joy isn't the dominant emotion. Which of the five (or perhaps another) do you think would be your dominant emotion and why?
- Are some emotions bad? Why/why not?

### Activities

- Write or draw what you think your islands of personality would be (i.e. Riley's were Family, Honesty, Hockey, Friendship and Goofball Islands), then see if you can find someone with one of the same islands as you.
- Write or draw a time when you've felt each of the five emotions from the film – joy, sadness, fear, anger, disgust.

Food Ideas (check that everything is Vegetarian/Halal and Kosher)

- Joy – cake, chocolate, sweets
- Fear – soft cheese, raisins, avocado (soft foods you don't need to be afraid of!!)
- Sadness – drinks (like Sadness' tears)
- Anger – spicy food e.g. crisps
- Disgust – vegetables, salad



## No Fear

Cut out phobias and meanings and get people to try and match them up (make sure to keep a copy of the complete table for the answers!! Be careful to treat phobias with sensitivity.)

Agoraphobia	Fear of open spaces
Coulrophobia	Fear of clowns
Chorophobia	Fear of dancing
Geniophobia	Fear of chins
Hippopotomonstrosesquipedaliophobia	Fear of long words
Katsaridaphobia	Fear of cockroaches
Lachanophobia	Fear of vegetables
Myctophobia	Fear of the dark
Pupaphobia	Fear of puppets
Triskaidekaphobia	Fear of the number 13
Zoophobia	Fear of animals