



Watch the film



Discuss Themes



Key scenes



Close the curtain



Film Synopsis

It is not easy to understand children's emotions, but what if you were able to see their emotions being played out on the big screen? Directors Pete Docter (UP) and Ronaldo Del Carmen's new film *Inside Out* allows us to see into the turbulent, humorous world of the preteen emotional landscape. Riley is the focus of this sentimental tale and she is going through a multitude of changes in her life. Things get even more challenging when her family moves from Minnesota to San Francisco. As she grows older, these new situations wreak havoc on Riley and her family's emotional battlefield. Over the initial days of their arrival to their new home and school, her emotions, Joy (Amy Poehler), Fear (Bill Hader), Anger (Lewis Black), Disgust (Mindy Kaling) and Sadness (Phyllis Smith), who live in Riley's 'Headquarters', try to navigate her through the emotional minefield of the past and present. Then an emotional catastrophe leads to the mixing of her emotions, memories, and responses to life, which can lead to significant, life-changing results.



Movie Talk: Reel Dialogue discussion

When we are born, it seems like we are designed a certain way. We are all different, but there are things we all have in common.

Inside Out shows us joy, sorrow, disgust, anger and fear, but there are so many emotions. What value are emotions in our lives?

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. - Psalm 139:14



Key scenes

Follow the linked headings to press "play"

Emotions from the beginning

Humanity is wired with emotions from the beginning of life. Inside Out taps into five key emotions, but we all have more in our lives.

Who put these emotions into our minds and hearts? Does God have emotions?

"Then God said, 'Let us make man in our image, according to Our likeness...'" (Genesis 1:26)

Rejoicing is one emotion of God (Joy) "The glory of the Lord shall endure for ever; the Lord shall rejoice in His works." (Psalm 104:31)

Connecting the emotions and the actions

Good times come and go. We all respond to these events in our lives in different ways. Sometimes our actions are spot on, while there are times when we do not respond correctly.

How do you keep your emotions under control? Does everyone in your life act the same way in good and bad times? Why or why not?

Better a patient person than a warrior, one with self-control than one who takes a city.
- Proverbs 16:32

Letting go of the past

As people grow older, there are people and things that remain constant, while others fade away. It can be hard to let things go or to let them stay in the past. Yet, some things just disappear without us even realising they are gone. Certain events in our lives make us happy and others make us sad.

Why does letting go of the past involve so many different emotions?

Blessed are those who mourn, for they shall be comforted. - Matthew 5:4



Curtain closes: Final question

Sadness and Joy work together

The conclusion draws on the 'bittersweet' nature life and how we are made. Do you think God gets sad? Why?