

# *6th Grade Health 2/20/20*

EQ: How can we relate emotional intelligence to Inside Out?

CW: Islands of Personality

HW: Inside out Study guide/Bring small photo if possible/Owl letter

# *Agenda*

1. Question of the day
2. Finish Inside Out
3. Discussion
4. Inside out study guide

# Open Ended Question

Write silently for three minutes: Write about a time where you or someone you know made a difference in someone else's day or life. What did you/they do? How did it affect the other person?



How did Riley's mental  emotional health impact

elements of her well-being?

**Collaborate!**

How did Riley's mental and emotional health impact other

# Open Ended Question

What can you learn from Riley's situation?



**RILEY'S LEADING EMOTION IS JOY.  
RILEY'S MOM'S IS SADNESS.  
RILEY'S DAD'S IS ANGER.**

**DISCUSSION QUESTIONS:**

**WHICH EMOTION DO YOU THINK CONTROLS  
YOUR "HEADQUARTERS"?**

**DO YOU THINK THIS IS FIXED (STAYS THE  
SAME) OR FLUID (CAN CHANGE)  
THROUGHOUT YOUR LIFE?**

**IF IT IS FLUID, HOW CAN YOU CHANGE IT?**



## MOVIE MOMENT:

WHEN **SADNESS** AND **JOY** ARE ACCIDENTALLY SENT TO LONG TERM MEMORY, **FEAR**, **DISGUST** AND **ANGER** ARE LEFT IN CHARGE OF HEADQUARTERS.

## DISCUSSION QUESTIONS:

WITH ONLY **FEAR**, **DISGUST** AND **ANGER** LEFT IN HEADQUARTERS, IS RILEY ABLE TO FEEL SADNESS OR JOY?

DO YOU THINK IT IS POSSIBLE TO LOSE THE ABILITY TO FEEL A CERTAIN EMOTION? HOW COULD THIS HAPPEN?

## MOVIE MOMENT:

WE ARE INTRODUCED TO **FEAR** AT THE BEGINNING OF THE MOVIE WHEN RILEY IS RUNNING AROUND HER HOUSE. AS SHE IS RUNNING AROUND AND GETS TOO CLOSE TO THE LAMP CORD, **FEAR** TAKES CONTROL.

## DISCUSSION QUESTIONS:

WHEN **FEAR** IS IN CHARGE OF YOUR “HEADQUARTERS”, HOW CAN YOU TELL IF IT’S A HEALTHY **FEAR** THAT YOU SHOULD LISTEN TO BECAUSE SOMETHING IS DANGEROUS, VERSUS SOMETHING NEW THAT COULD BE GOOD TO TRY?



WHEN RILEY CREATES A BLUE (**SADNESS**) CORE MEMORY **JOY** DOES EVERYTHING SHE CAN TO STOP THE MEMORY FROM BEING STORED IN HEADQUARTERS.

## DISCUSSION QUESTIONS:

IS IT POSSIBLE TO IGNORE OR FORGET AN UNPLEASANT CORE MEMORY?

HOW CAN AN UNPLEASANT CORE MEMORY IMPACT YOUR IDENTITY AND PERSONALITY (IN EITHER A POSITIVE OR NEGATIVE WAY)?

**AT THE END OF THE MOVIE, WE SEE THAT RILEY'S NEW CORE MEMORIES ARE MULTICOLORED.**

**DISCUSSION QUESTIONS:**

**WHAT DOES THIS IMPLY?**

**CAN YOU REMEMBER A TIME THAT YOU FELT MORE THAN ONE EMOTION? HOW DID YOU WORK THROUGH THIS?**



# Inside out study guide

An "Inside Out" (Disney/Pixar) Study Guide: Understanding Emotions





# MY ISLANDS OF PERSONALITY

AN INSIDE OUT WORKSHEET

**Step 2:** Identify the core memories associated with each island of personality

Island of Personality

**Step 3:**  
**Option #1:** students can use this space to write about the core memories connected to their islands of personality  
**Option #2:** students can Paste photos and/or draw pictures that represent each island of their personality

Island of Personality

**Step 4:** Paste photo of yourself in the middle of the poster

Island of Personality

**Step 1:** Define five elements of your personality and label each island

Island of Personality

Photo or  
Drawing of You!

**Step 5:** glue to construction paper + laminate and showcase on the classroom wall

Island of Personality

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