#### An "Inside Out" (Disney/Pixar) Study Guide: Understanding Emotions Please answer the following in complete sentences!

 Some people have certain emotions that take charge more often than others. So, some people are generally happier and some people are generally more scared of things.
 Which of your emotions come out the easiest? I think majority of the time I am happy; however, I am short tempered and anger comes out very quickly and easily for me.

 What are your "islands?" (These were aspects of Riley's character, like "Family Island," "Hockey Island," and "Goofball Island.") Family Island, Friendship Island, Dance Island, Music Island, Food Island, Netflix Island, Humor Island

3. How are the glowing balls, or "core memories" made? What are yours?
The "core memories" are made by saving important events in your life into your memory.
My favorite memories or "core memories" are winning State Champions in Hip Hop, and
2nd Place in Jazz at IHSA state. Other core memories include a family vacation to Disney when I was 7, baking cookies with my grandma every Christmas when I was young, and
throwing baby powder all over my house when I was 5.

4. What do the core memories have to do with Riley's personality?
The core memories make Riley who she is. They are a big part of the reason why she loves hockey, and is so close with her parents.

5. When Sadness touches one of the happy core memories, she colors it blue.
What do you think is going on then? Is it possible that our current moods can color our past memories? Or how we define our personality? I think sadness is taking over and making you upset about anything and everything. It is possible that our current moods can upset us so much to a point that we think of our past memories and don't get the same happiness from them. Sadness can define your personality.

6. Do you think that the core memories were changed forever or was there a temporary filter on them? I think there was a temporary filter on them. Once the conflict was resolved, Riley's memories would go back to being happy since she was no longer sad about everything.

7. When Riley's mother tells her that she is helping her parents by being their "happy girl," Riley feels pressure to only show them her joy. What do you think of this? I think it is impossible to tell someone to be "happy" because if you are depressed or sad about something you can't force yourself to be happy. Her mom was right in telling her that she appreciates her being happy. Riley shouldn't feel as though she has to fake being happy; she should be able to still express her feelings no matter the situation.

# **Inside Out Course Study Guide Answers**

**Charlie Webster** 

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