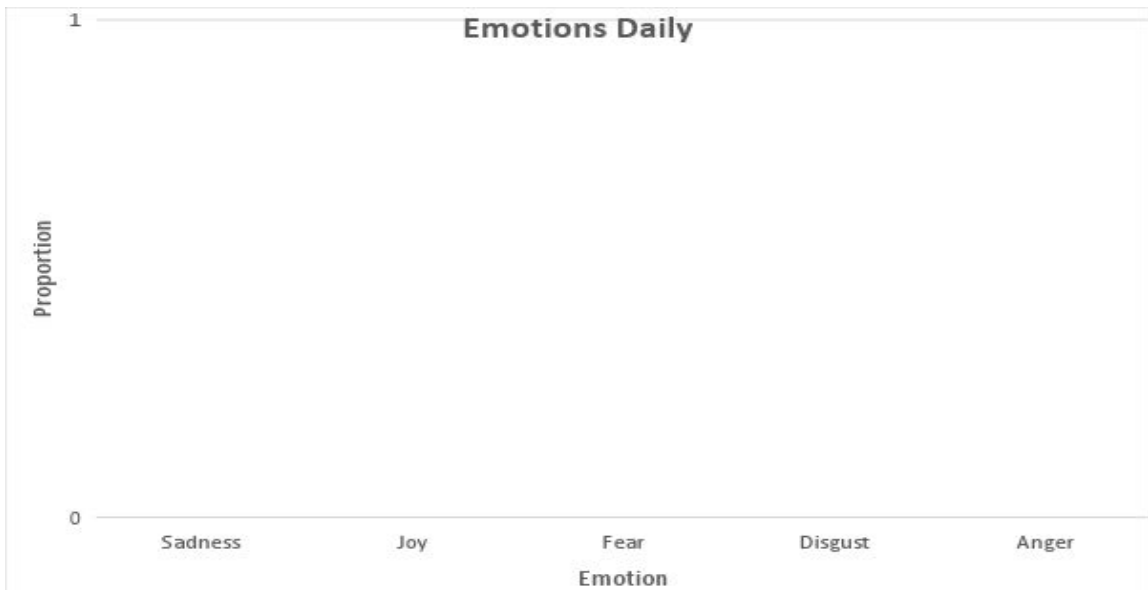




INSIDE OUT – Viewers Guide

Name: _____

1. a) Pre-viewing: Make a bar chart with the percentage of time you think you spend on the above emotions every day. Be honest and thoughtful.



- 1b) If you could make an adjustment to this chart, what would it be?

2. What does the fact that memories are stored primarily by emotion tell us about how we interact and react, as well as remember things?

3. a) What do you think Riley's islands represent? Provide logical evidence.

b) How do islands manifest themselves?

4) In which part of the brain that we learned about would the following elements in the film reside?

a) Emotions – _____

b) Core memories - _____

c) Long term memory - _____

d) Abstract thought - _____

5) a) Explain how Joy learning about the mixed nature of emotions helps Riley to mature?

b) Think about a time when you had mixed emotions about something. Explain how each played a role in your learning and maturing.

6) a) What happens when Joy gets lost and the other emotions try and make the decisions for Riley? Discuss what part of brain theory this reflects.

b) How could have Riley have prevent her full system failure? Give 2-3 options and note briefly what this would have accomplished.

Plot elements – tough and open for discussion of course.

Who is the protagonist? _____

What is the problem? _____

Who or what is the antagonist? _____

What was the solution? _____

