



CREATING YOUR OWN INSIDE OUT

DIRECTIONS:

The movie Inside Out helps us see emotions as characters inside our mind. Let's talk about the characters in your mind and how they work together!

What characters are the loudest in your mind?

What characters would you want to add? (E.g. Bravery, OCD)

Who tries to take over the controls in your mind?

What can other characters do to try and help with the situation?