

LAST Name:

FIRST Name:

Hour:

Inside Out Video Questions

EXPLAIN your ANSWERS.

- 1 Why is it so important for parents to be involved with their children when they are young?

- 2 What could Riley's parents have done differently to make the transition to moving be more positive?

- 3 Why do you think Joy was always trying to stop sadness from being involved?

- 4 What could the school have done to help Riley transition better? Especially after what she said in class?

- 5 Explain why Riley's Islands were shutting down? Do you think she was grieving the loss?

- 6 What is your opinion about how the Dad responded to Riley's anger outburst Dinner? Was it helpful?

- 7 When a person is emotionally mature do you believe their "ISLANDS from their youth" are gone?

- 8 What is the Memory part of our brains called?

- 9 Why was Riley mad at her friend from Minnesota? What was the Invisible Tiger she was facing?

- 10 Why is it important for young children to have "creative play" time when they are young? What life skill does it help for emotional maturity?

- 11 Is fear a bad emotion to have in a new situation? Explain.

- 12 What did Sadness say to Bing Bong that showed Empathy for him?

- 13 Was it realistic for Riley to believe her life would be the same in California? Also, How could Riley have changed her negative unrealistic thoughts to be more positive and realistic?

- 14 Why is it not realistic to believe that a person will be "Joyful" all of the time?

- 15 What did Joy realize why Sadness was an important emotion after Riley missed the game winning shot in Minnesota?

- 16 What did Riley's parents say to her that was helpful to her after she told them about her sadness?

- 17 When you or a friend is sad, How do you cope with it? Explain how you respond and what you do?

