

**Film guide**

**Inside Out**

US | 2015 | Cert. U | 102 mins

Directors: Pete Docter,  
Ronnie Del Carmen

*Inside Out* takes place in two worlds: real life, where 11 year-old Riley is struggling to deal with her family's move to a new city, and "Headquarters" – the area inside Riley's brain controlling all of her thoughts and emotions, populated by five diverse characters. This hilarious adventure story is not only hugely entertaining, it comes with a poignant message, helping us to understand our own emotions and face up to some of the challenges involved in growing up.

**You will like this film if you liked**

The Wizard of Oz (1939, U)



MGM © (1939) All rights reserved.

**Watch next**

Spirited Away (2001, PG)



Buena Vista © (2001) All rights reserved.



Disney/Pixar © (2015) All rights reserved.

**Talk about it (before the film)**

What different types of emotion can you think of? Do you think we gain any new emotions as we grow up?

What do you remember about one of the first films you watched? Was it a happy film or a sad film, or both? What did you like and dislike about it?

**Talk about it (after the film)**

- Did you have any favourite characters in the film? What did you like about them? How did Joy, Sadness, Anger, Disgust and Fear work together to help Riley?
- What effect did Joy and Sadness getting lost have on Riley's behaviour around her friends and family, and at her new school? How did Anger, Sadness and Disgust effect Riley at this time?
- What did you think of Bing Bong, Riley's imaginary friend? Why do Joy and Sadness find him lost in Long Term Memory?
- Inside Headquarters are five personality islands, which reflect parts of Riley's personality. Why does the power in some of these islands go on and off and why do some of the islands disappear altogether?

**Write about it**

Bring your ideas together in a review and share it on our Into Film clubs' website. You could include a summary of the story, mention other films that it's similar to, describe what you particularly liked or disliked and give it your star rating.

**Extension Activities**

The filmmakers designed characters around shapes we might associate with the emotions, for example Sadness looks like a teardrop. Think of an emotion that is not in the film, such as trust, surprise or boredom, and create your own character for them. What would they look like? How would they interact with the other characters?