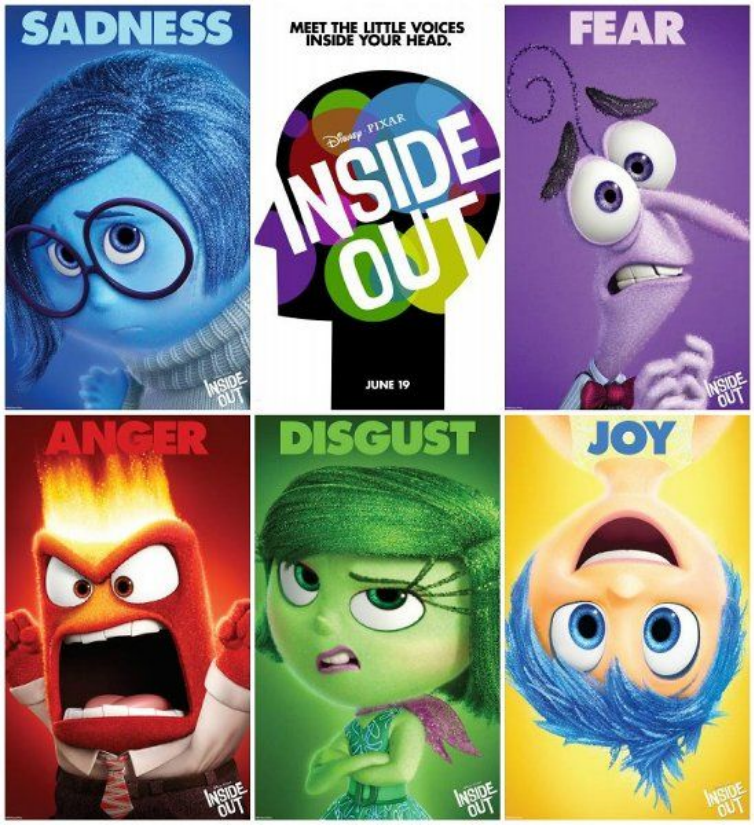

Movie Night!

Watch the Disney Pixar movie, *Inside Out*, together as a family. It's a movie about an 11-year old girl named Riley and the 5 emotions in her head- joy, anger, sadness, fear, and disgust. These emotions navigate her through a life changing event and sometimes it gets chaotic!

Enjoy a salty/sweet snack of popcorn and M&Ms while you watch the movie.

Talk about emotions and feelings together after watching the movie.

- Why does Riley have a hard time talking to her parents about her feelings?
- What does it mean to have "mixed emotions" about something?
- Can you be both happy and sad at the same time?
- Can you have joy without sadness?
- Why is it important to have a range of feelings?