

## HOW TO USE THE *INSIDE OUT* MATERIALS:

We hope that the *Inside Out* materials inspire meaningful conversations between people (e.g., children, parents, camp staff and campers) about their emotional lives and how they are experiencing the world around them. These materials also are a great way to reinforce core values and to connect emotions with daily encounters and Jewish experiences.

## *INSIDE OUT* POSTERS:

The Jewish poster features characters from the film *Inside Out*, each of whom represents a different basic emotion (Joy, Sadness, Disgust, Fear, and Anger). The characters are linked to quotations from Jewish thinkers that correspond with these feelings.

The Interactive Feelings poster demonstrates many possible combinations of feelings. This tool is extremely useful when no one feeling word can get to the heart of a child's experience.

## SUGGESTIONS FOR USING THE POSTERS INCLUDE:

- Put the posters up somewhere that everyone can see it and learn new feelings words.
- Examine the posters in pairs or small groups to begin to identify feelings in the moment and explore the links between Jewish traditions and these basic emotions.
- Pause and revisit the posters when feelings are running high to give people a chance to identify and share their feelings.
- Either individually or in small groups use the balls at the bottom of the poster to record events from the week that evoked different emotions. In the top left there is space to list your core memories. These core memories are there to reinforce your core values.
- In preparation for Shabbat come together as a group to reflect on the week. What did we feel this week? What are we looking forward to next week?

## *INSIDE OUT* THE MOVIE:

Watching *Inside Out* together is a funny, touching, and thought-provoking experience for all ages. *Inside Out* (rated PG) follows the ups and downs of a young girl, Riley, as her family moves from Minnesota to San Francisco. The five major emotions that live inside her mind – Joy, Sadness, Fear, Disgust, and Anger – help her respond to life and store her vibrant experiences as core memories. Dominated by Joy, Riley's life is changed dramatically with her big life change. Like most children, this young girl did not have the words she needed to explain her feelings or to communicate her needs and desires. And so she struggles for a year, slowly acclimating to her new surroundings after very nearly running away. As the seasons change again, the girl has adapted to her new surroundings and reengaged in her life. She is guided by a far more complex set of emotions as the "team" works together. Now there is room for all of them at the helm. As the young girl continues to grow up, she is experiencing a more emotionally nuanced life.

