



# Archway Connection

The Not-for-Profit Centre for Emotional Wellness & Experiential Learning

## Inside Out Activity

Let have a movie day today! If you've watched Inside Out, it's time to watch it again.

This time watch it with you in mind. Feel free to add more emotion/feeling characters. Use this chart or use full sheets for each if you like. There are no rules to learning about yourself! Have fun. Be curious.

	Draw your own emotion/feeling. How it different?	How do you recognize it?	How do you express it?	How do these personalities affect others?	What would be helpful when you are feeling this way?
<b>Anger</b> 					
<b>Fear</b> 					
<b>Disgust</b> 					
<b>Sadness</b> 					
<b>Joy</b> 					