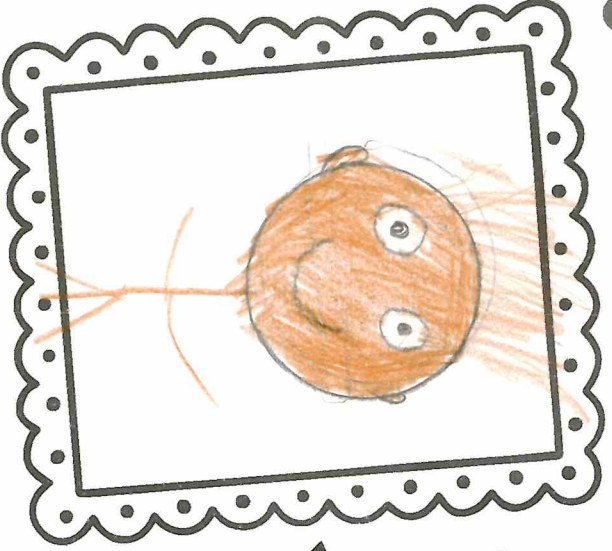


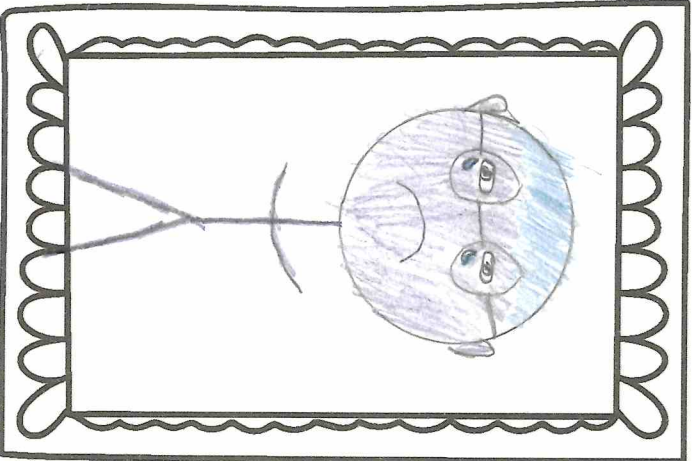
# INSIDE ME!

In Disney's Inside Out. Riley's emotions are brought to life as colourful characters. Imagine what your own emotion characters might look like and draw them below.

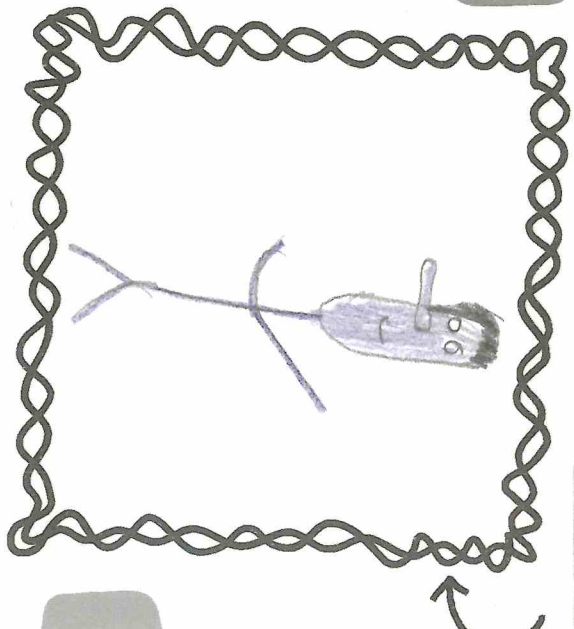


**ANXIETY**

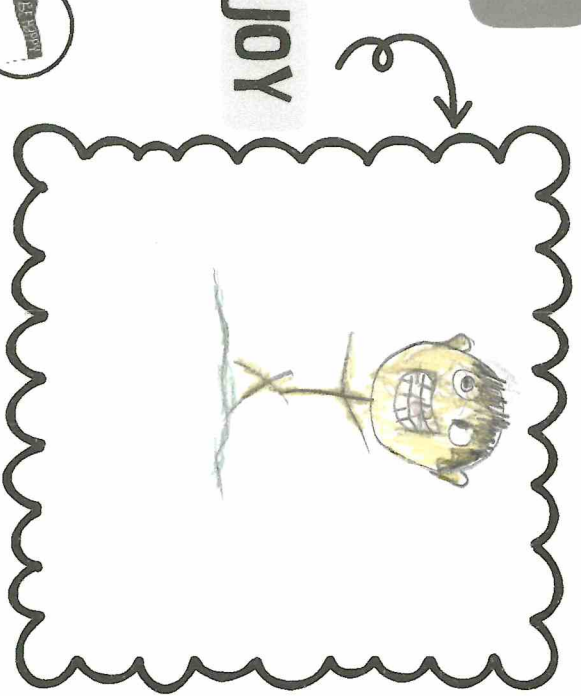
**SADNESS**



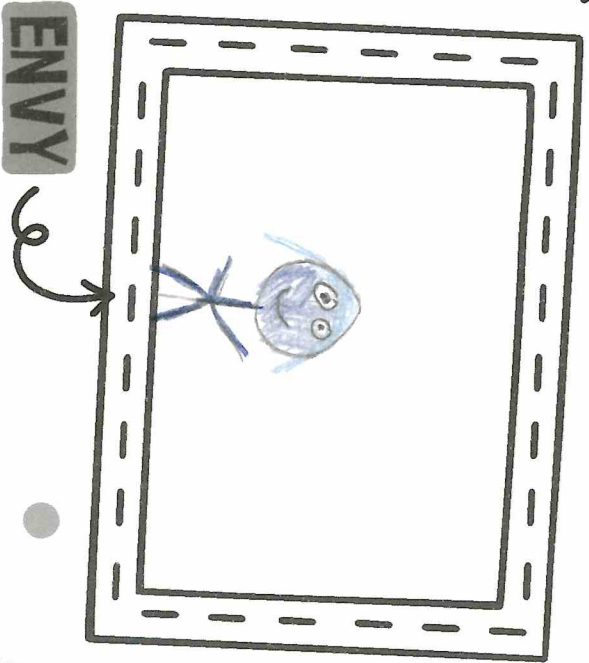
**ANGER**



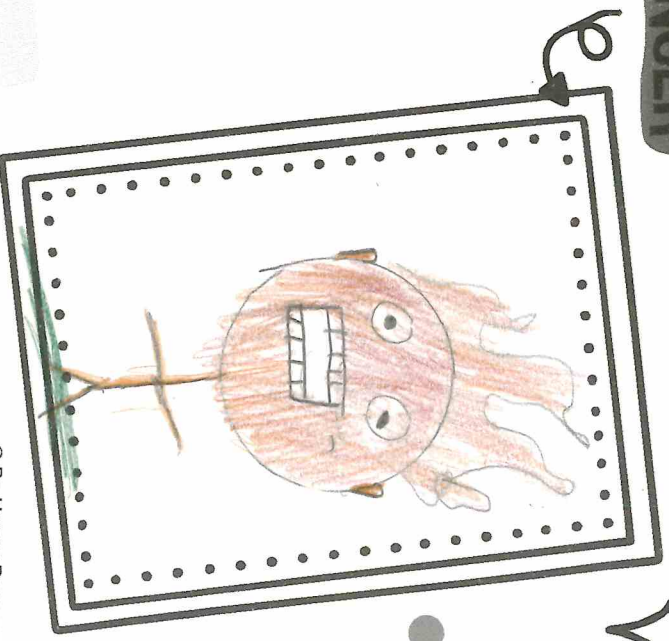
**FEAR**



**JOY**



**ENVY**



# INSIDE ME!

In Disney's Inside Out, Riley's Personality Islands represent the most important parts of who she is. What would your Personality Islands look like? Design your own islands below, giving each one a unique theme that reflects something special about you!

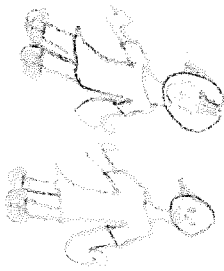
Balloon



Smiling

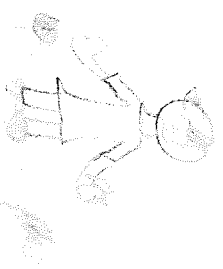


Friendship

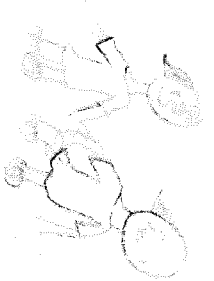


## My Personality Islands

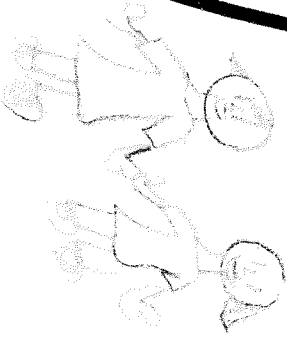
Yelling good



Kind



Family





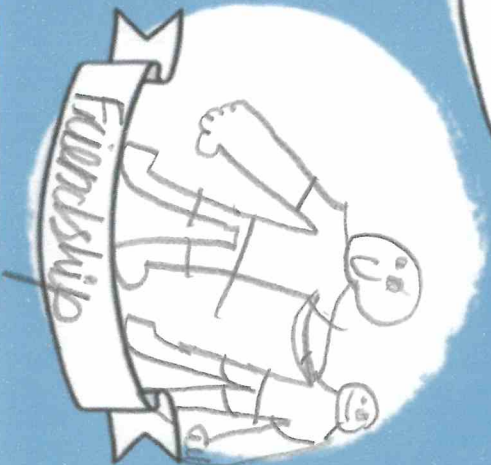
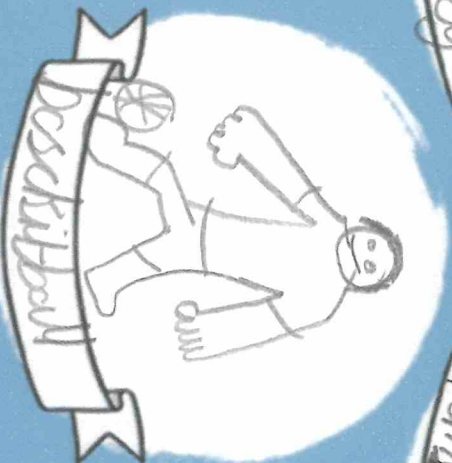
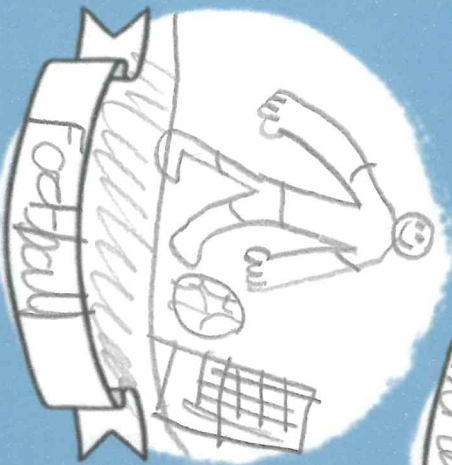
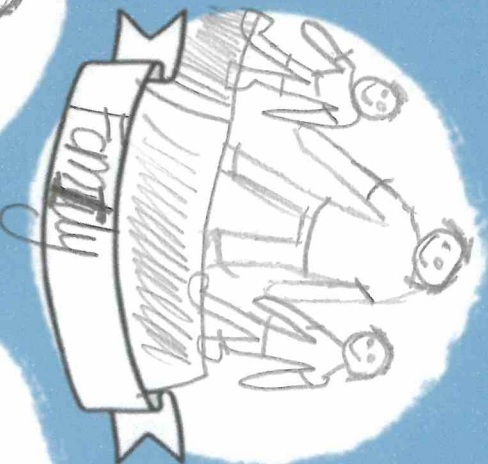
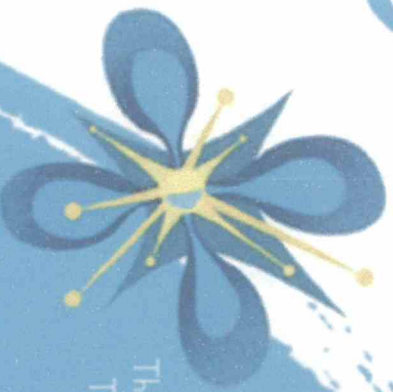
# PERSONALITY ISLANDS



Above are Riley's five Personality Islands from the film. Together these make up her personality.

Like Riley, we each have our own personality that makes us unique!

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Daisy

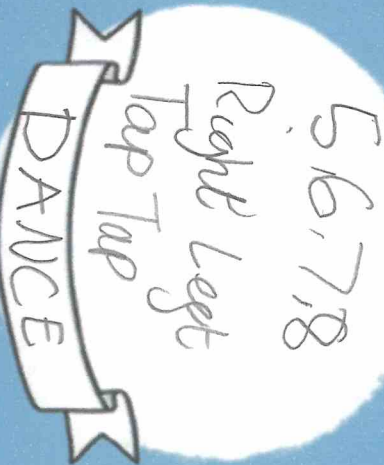
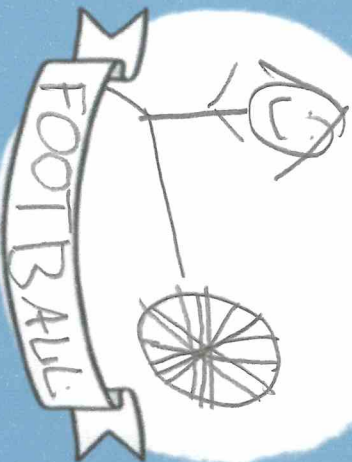
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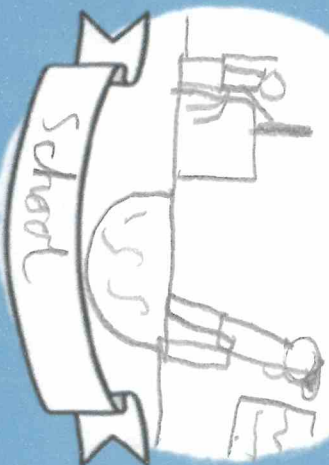
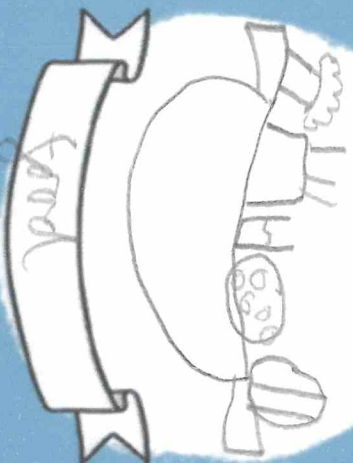
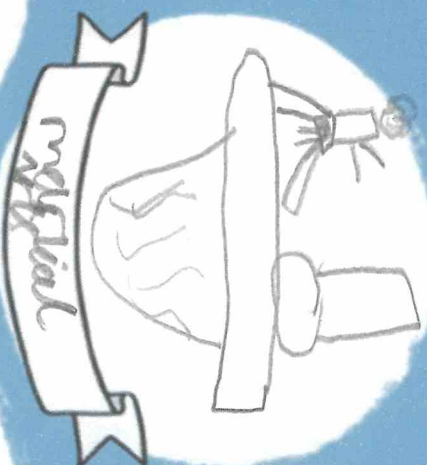
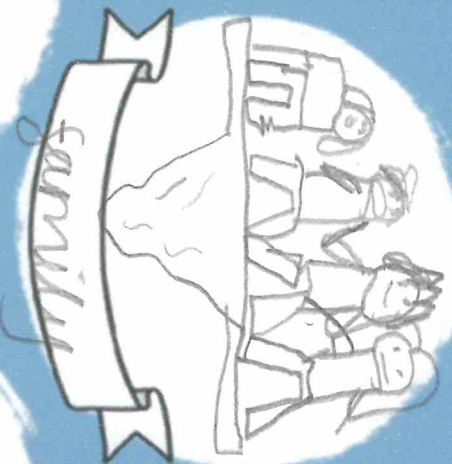
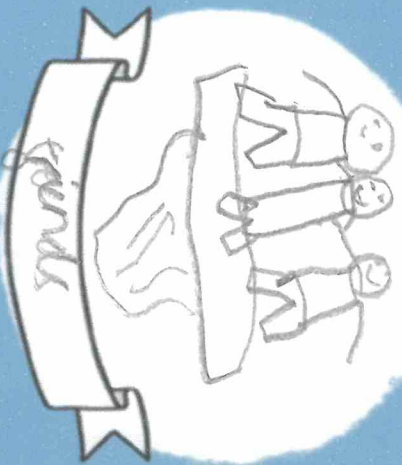
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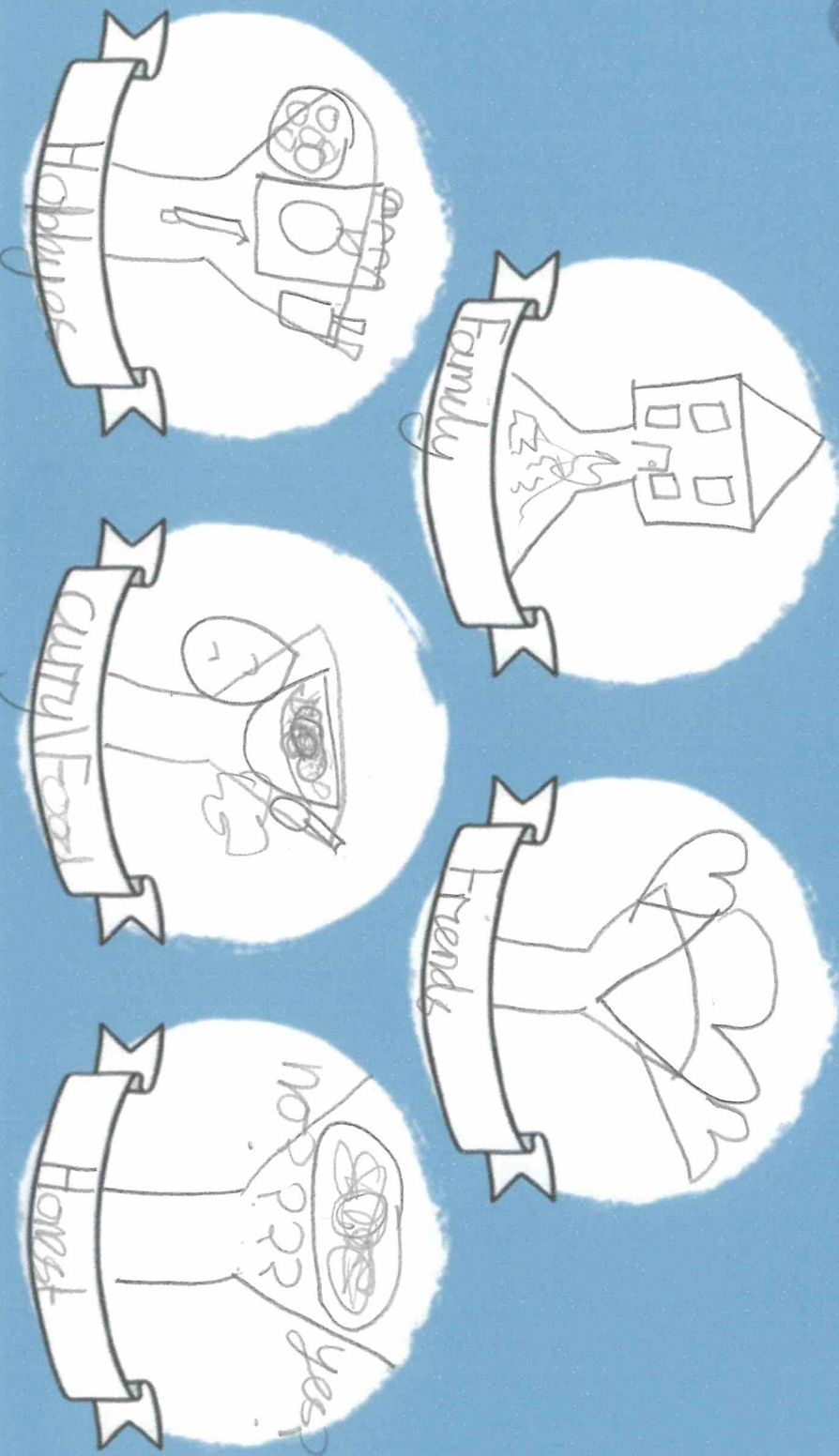


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Sophie

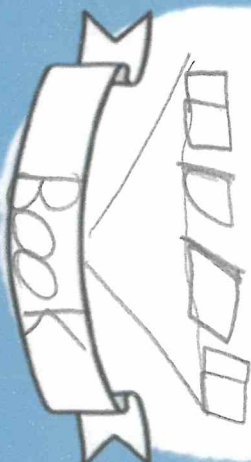
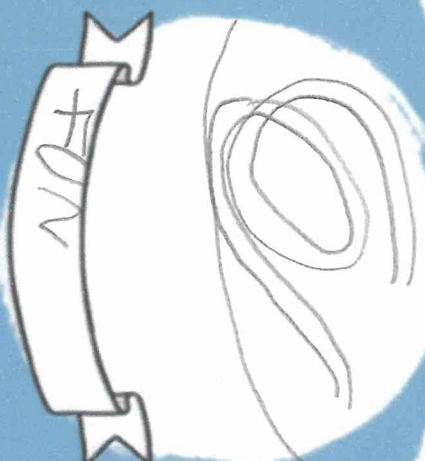
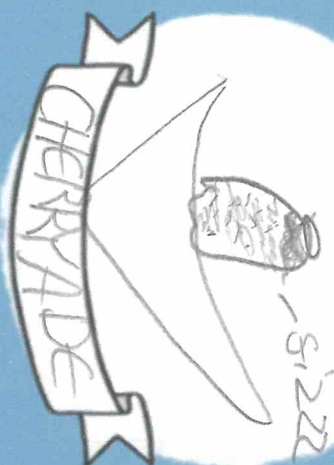
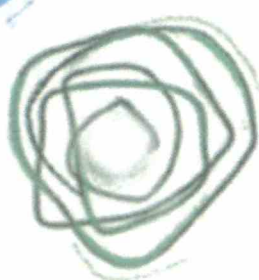
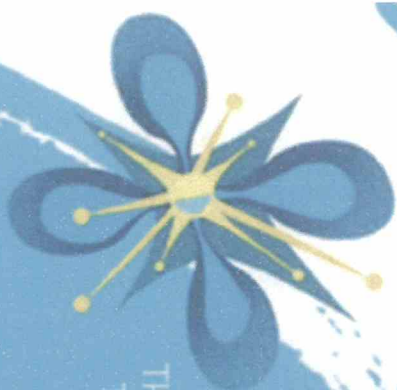
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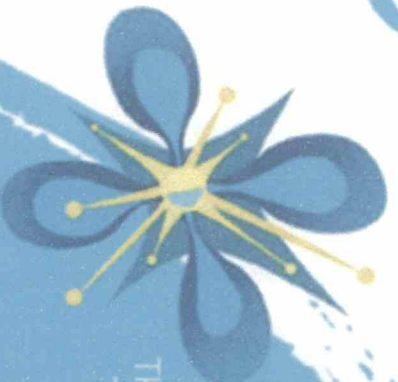


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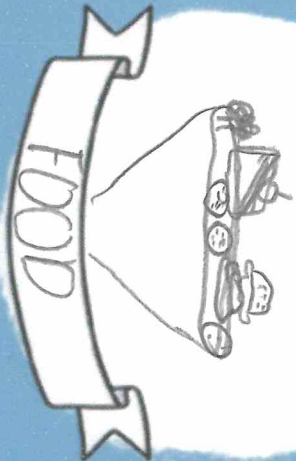
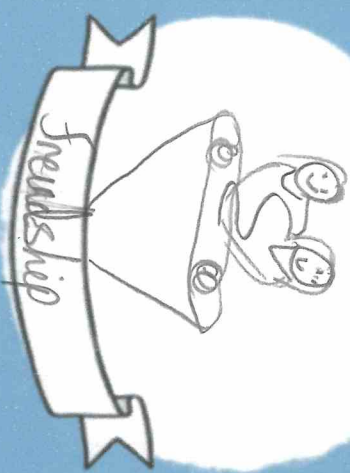
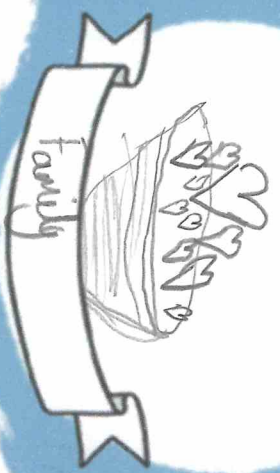


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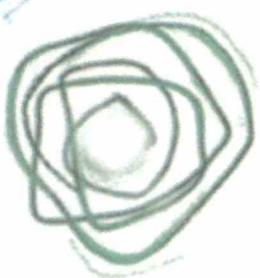
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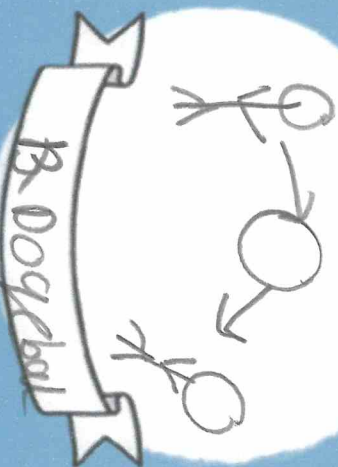
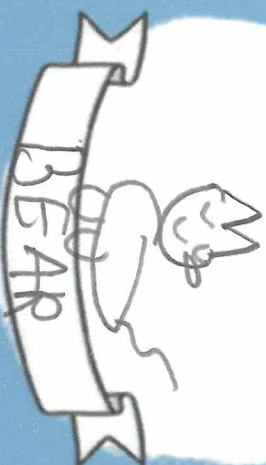
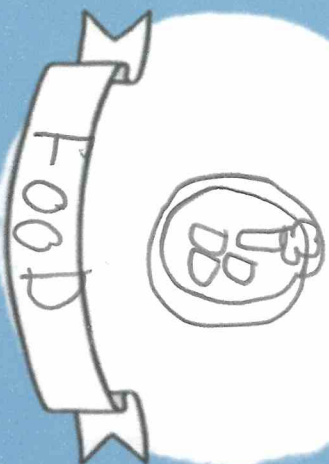
Olivia

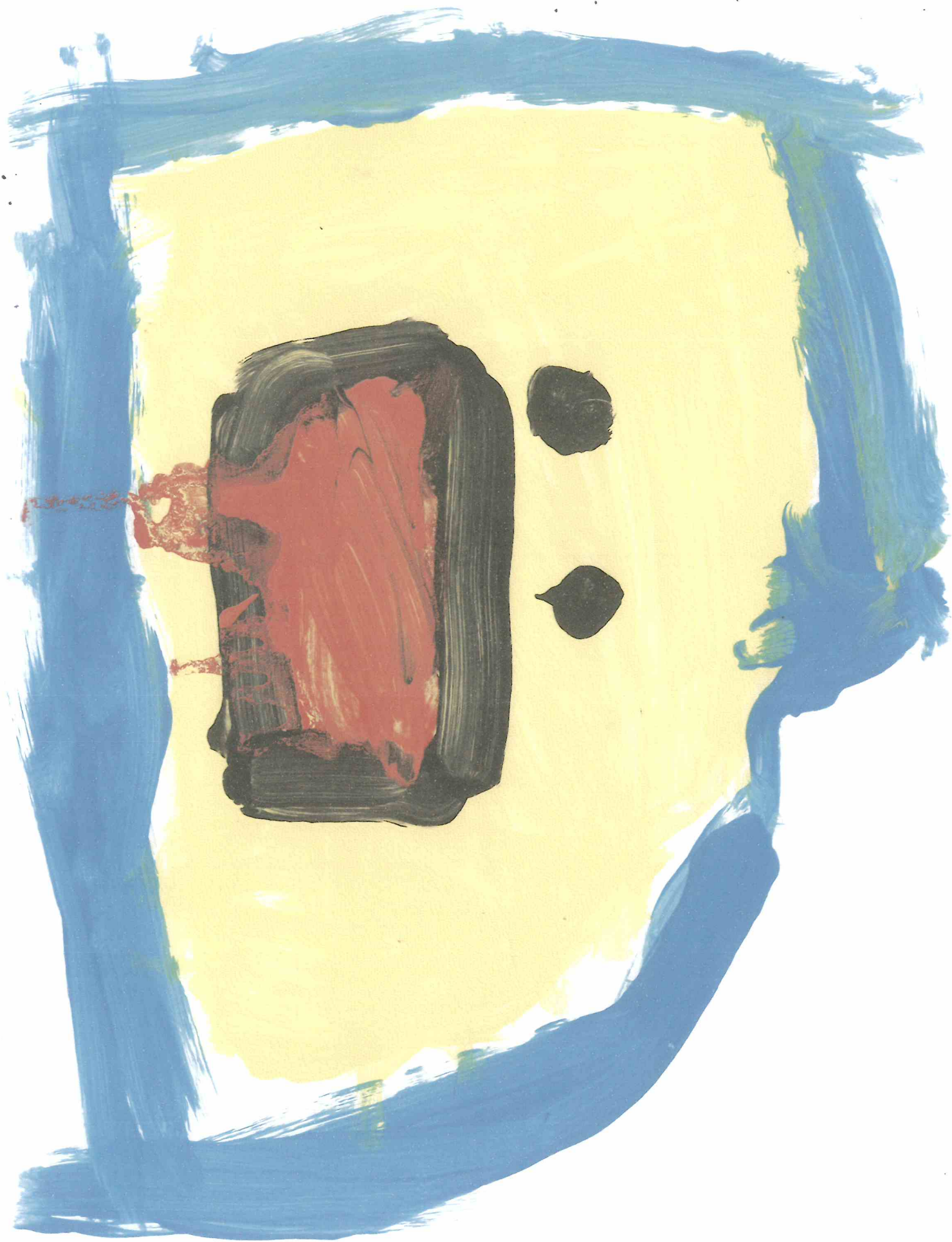
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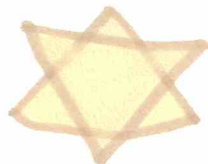
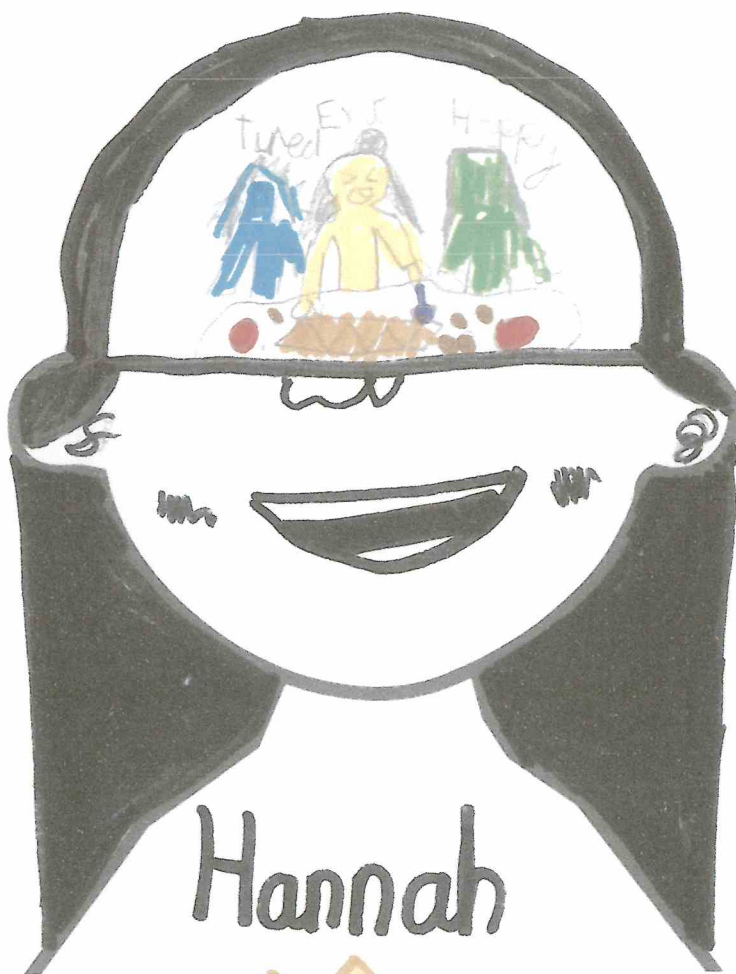
## Our Emotions...

Class 4 looked at a range of emotions and we discussed whether they made our body feel 'good' or if they sometimes made our body feel 'different'. Some children said they made our bodies feel 'bad'. We discussed that these emotions are normal and there will be times in our lives when we feel these emotions. We reassured ourselves that they are not 'bad', but need special ways of dealing and coping with them.

Children put them into the above 'categories' and then looked at scenarios that may make us feel that emotion.

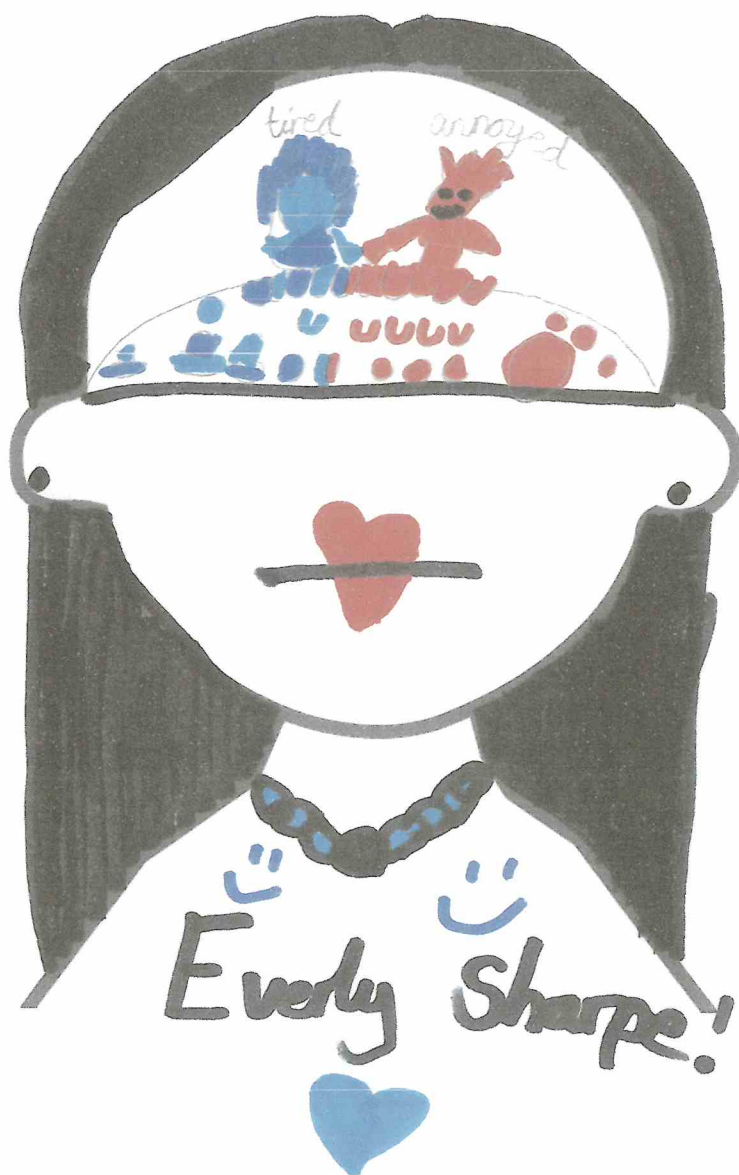


First day back after half term.





First day back after  
half term.



back home from  
school

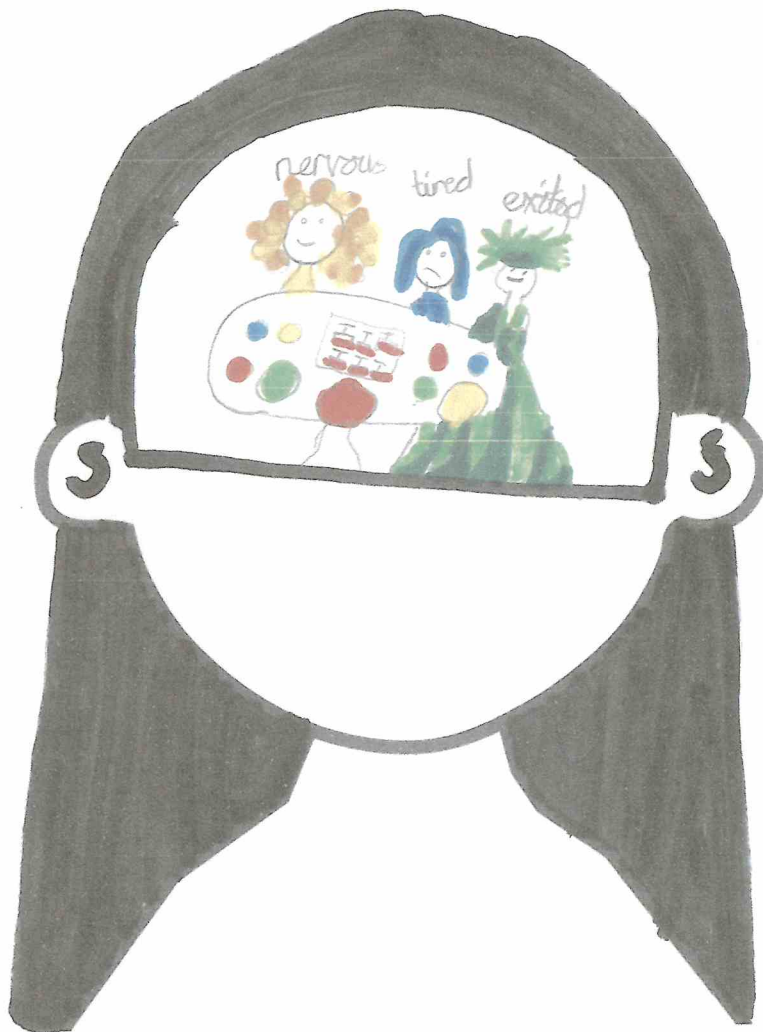




# Going to Hits Radio live (concert)



first day of  
half-term

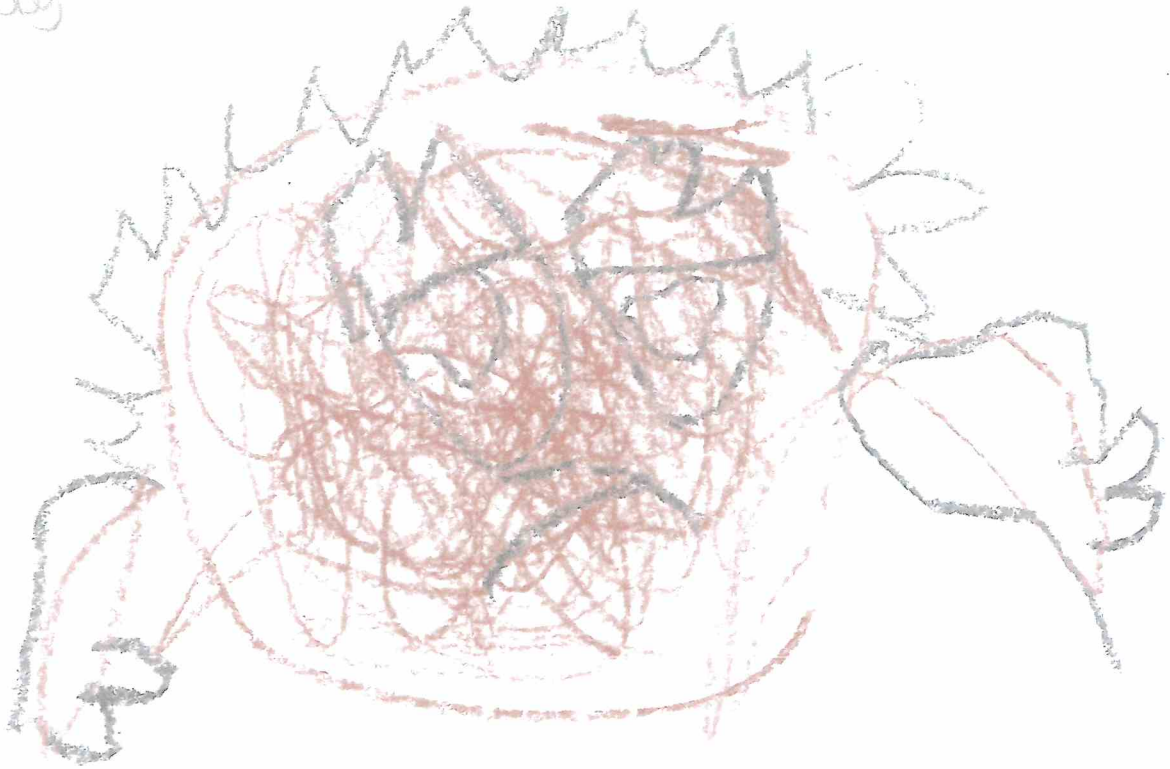




PO PP Y



Bobby



2-1-1



Summer

