

Vocabulary Words

1. Emotion /ɪ'mouʃən/ (noun) - A strong feeling such as happiness, sadness, anger, or fear.
Example: Her eyes filled with emotion when she received the heartfelt letter.
2. Disgust /dɪs'gʌst/ (noun) - A strong feeling of dislike, revulsion, or disapproval.
Example: The sight of spoiled food in the fridge filled him with disgust.
3. Adjust /ə'dʒʌst/ (verb) - To change or alter something slightly to make it fit or work better.
Example: She had to adjust the chair's height to be more comfortable.
4. Complicated /'kɒmplɪkeɪtɪd/ (adjective) - Involving many different parts or aspects and therefore difficult to understand or deal with.
Example: Solving this puzzle is complicated, but it's also fun.
5. Struggle /'strʌɡəl/ (verb) - To make forceful efforts to get free of restraint, conflict, or difficulty.
Example: The young bird had to struggle to break free from its eggshell.



Inside Out

Meet Riley, an 11-year-old girl who just moved to a new city with her family. Inside Riley's mind, her **emotions**—Joy, Sadness, Anger, **Disgust**, and Fear—work together in Headquarters to guide her through life.

Joy is the leader and wants Riley to always be happy. But when Riley faces the challenges of **adjusting** to her new home and school, things get **complicated**. Sadness starts affecting her memories, and Joy and Sadness get lost in Riley's mind.

As Joy and Sadness journey through Riley's mind, they encounter different islands that represent her personality traits and memories. They need to get back to Headquarters to help Riley, who is **struggling** without them.

Meanwhile, Anger, Disgust, and Fear try their best to keep Riley's emotions in check. Riley learns that it's okay to feel sad sometimes, and that her emotions are all important.

With the emotions working together, they help Riley express her feelings to her parents, and she starts to adjust to her new life. The end.

Comprehension Questions:

1. Who is the main character of the story?
2. What are the five emotions inside Riley's mind?
3. What is the main goal of Joy in Headquarters?
4. What happens when Riley faces the challenges of moving to a new city?
5. Which two emotions get lost in Riley's mind?
6. What do the different islands in Riley's mind represent?
7. Why is it important for Joy and Sadness to get back to Headquarters?
8. How do Anger, Disgust, and Fear try to help Riley?
9. What lesson does Riley learn about her emotions?
10. How do Riley and her emotions work together to adjust to her new life?

Discussion Questions:

1. If you had five emotions controlling your mind, what would they be named, and what would their personalities be like?
2. Have you ever had a situation where you felt different emotions at the same time? Describe it.
3. Why do you think it's important for people to experience a range of emotions, including sadness and anger?

4. Discuss a time when you moved to a new place or faced a big change. How did it make you feel, and how did you cope with it?
5. If you could visit the islands in your mind that represent your personality traits and memories, what would they look like?
6. How do Riley's emotions learn to work together as a team? Why is teamwork important?
7. Talk about a memory that's important to you. Why is it special, and which emotion would represent that memory?
8. Inside Riley's mind, the Train of Thought is a literal train. What do you imagine your Train of Thought would look like?
9. How can understanding and expressing your emotions help you in your daily life?
10. If you were one of Riley's emotions, what advice would you give her to make her feel better during challenging times?