

RECOMMENDED FILM

Courses:	5th and 6th primary
Skill:	SELF-ESTEEM
Film:	INSIDE OUT
Month:	November



FILM INFO

Title: Inside Out

Director: Pete Docter, Ronnie Del Carmen

Year: 2015

Quality: 8

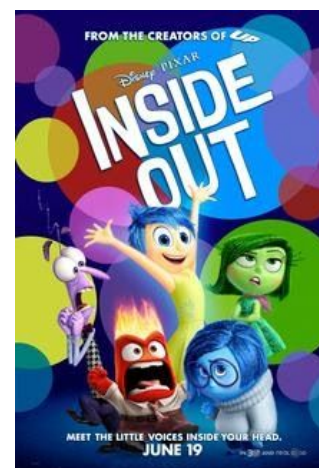
Duration: 95 minutes

Production: American

Genre: Drama

Music: Michael Giacchino

Streaming services where available:



SYNOPSIS:

Riley is a young girl who has had to leave her home town to start life in San Francisco due to her father's job. She tries to settle in to her new life, guided by her emotions: the characters Happiness, Fear, Anger, Disgust and Sadness. Her emotions give her advice on her daily life from the Cerebral Quarter, the control centre of Riley's mind. However, Sadness and Happiness, after arguing over a memory, are expelled by accident from the Cerebral Quarter, leaving Riley with an attitude that goes from rebellion – with Disgust and Anger, to pessimism, with Fear. Meanwhile, Sadness and Happiness have to go through the immensity of Riley's mind in order to save her from chaos, while the other three let themselves be pulled down by conflict. Anger tells Riley to steal her mother's credit card and take a card to return to Minnesota. While in the middle of the plan, Happiness and Sadness finally manage to return to the Cerebral Quarter to return balance so that everything goes back to how things were before.

QUOTES FROM THE FILM

"You can't focus on what's going wrong, there's always a way of turning things around."

"Things can always get better, make them fun."

"Be positive."

"Okay, I positively know that you'll lose."

"Crying calms me down, it helps me see the seriousness of life's problems."

"When you look at someone, do you ever ask yourself what's happening in their mind?"

QUESTIONS FOR YOUR FILM GROUP

1. Is happiness the same as joy?
2. What happens to our emotions when we have a traumatic experience?
3. Can we make ourselves be happy?
4. Why do people also need to be sad?
5. What is best, acknowledging and understanding our strongest emotions, or trying to ignore them and eliminate them?