



# Meet Your Emotions



Understanding how your emotions seek to help you

## Movie Focus



# How To Use This Manual

HELLO THERE,

We are excited to have you join us on this adventure to make Emotional Intelligence relatable, practical, and useful to our everyday choices and actions. Through our EQ-In-Action models, we apply the timeless and proven principles of Emotional Intelligence to different contexts and environments to help you and millions worldwide leverage your EQ superpower in transforming your life.

This manual has been designed for everyone in our network to be able to use it as a practical resource for initiating and engaging conversations with kids, teenagers, and even adults on the roles and functions of emotions in our lives. Using the Disney animated movie *INSIDE OUT* which captures the interplay of emotions in the development of children, this manual gives you a guidepost with questions that engage key learning points from the movie.

To get the best out of this manual, we recommend you first see the full movie with the kids or whoever you want to deploy the conversation with. This will help them fully grasp the story before you get into the conversations. We have curated key moments and learning points from the movie as anchor points for conversation starters on emotions and their impact on our lives. Each key learning has a link to the clip from the movie that captures it, so it is easier for you to review the scenes in engaging the conversations with your group.

# UNDERSTANDING EMOTIONS

To properly deploy the session with this, you need to understand what emotions are and the role they play in our lives. This will help you guide the thoughts of your group and help them begin to better embrace the message of their emotions.

## So What Are Emotions?

If you drive a car or any form of automated transportation vehicle, you are familiar with dashboards. All those icons, numbers, and signals that indicate different issues in the vehicle, or help us understand what the car is doing per time.

**Emotions are like the dashboard of the human soul.** They are indicators and data that signal to us that something is happening to us. Emotions are messengers of our inner state.

## What Do Emotions Tell Us?

Each emotion has a message it is telling us, and we must seek to understand them rather than avoid or suppress them. Every emotion is a distinct indicator on our dashboard pointing us to something we need to understand and resolve to perform at our best.

In this manual, we will focus on the 5 core emotions depicted in the animated Disney movie INSIDE OUT.

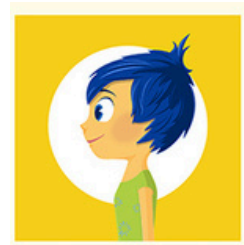
## Meet the Emotions



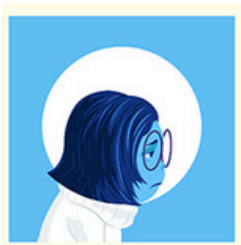
### Joy

Joy helps us find happiness and meaning in life, guiding us toward what makes us feel fulfilled.

**Joy's message:** "Seek positivity and cherish moments of connection and success, as they bring light to your journey."



### Sadness



Sadness fosters reflection, healing, and empathy, helping us process loss and connect deeply with others.

**Sadness's message:** "Acknowledge vulnerability—through sorrow, we find growth, understanding, and support."

### Fear

Fear protects us by alerting us to danger and encouraging caution.

**Fear's message:** "Be vigilant—assess risks to ensure safety and prepare for challenges."



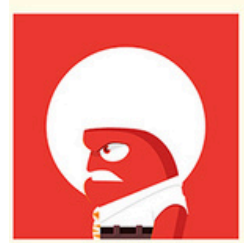
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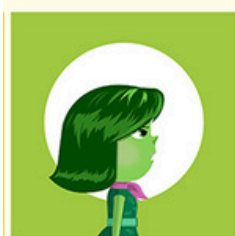
### Anger

Anger drives us to address injustices and assert boundaries when things feel unfair.

**Anger's message:** "Stand up—channel frustration into proactive change and protect your values."



### Disgust



Disgust shields us from harm, helping us avoid unhealthy or unsafe situations.

**Disgust's message:** "Stay away—trust your instincts to maintain well-being and make better choices."

# KEY LEARNING MOMENTS & DISCUSSION STARTERS



## 1: Core Emotions & Core Memories

Riley's five core emotions (Joy, Sadness, Fear, Anger, and Disgust) are introduced. Teach that all emotions play essential roles in decision-making and memory formation.

### [Watch Clip](#)

#### Discussion Questions

1. What do you think is the role of each key emotion in our lives?
2. Why is it important we give each emotion proper expression?



## 2: Memory Sphere & Giving Room For All Emotions

Joy tries to suppress Sadness's influence on Riley's core memories, emphasizing the importance of allowing space for all emotions in emotional processing. Sadness accidentally turns a joyful memory sad, showing how context and emotions can shift memories. Teens can learn how emotions evolve with experiences.

### [Watch Clip](#)

#### Discussion Questions

1. What do you think is the role of each key emotion in our lives?
2. Why is it important we give each emotion proper expression?
3. Why do you think Riley's sadness kicked in with that memory?



### 3: Imagination & Emotions

Bing Bong introduces Joy and Sadness to imagination land. The responses of both emotions differ in relating with imagination, highlighting how emotions can impact our imaginative capacities.

#### [Watch Clip](#)

#### Discussion Questions

1. How do you think each key emotion affects your imagination and creativity



### 4: Sadness, Reflection & Forging A Way Forward

Sadness listens empathetically to Bing Bong, helping him accept his fading relevance in Riley's life. This scene shows the role of sadness in helping us reflect on loss, grief, and pain. Highlight the value of active listening and validation in emotional support.

#### [Watch Clip](#)

#### Discussion Questions

1. Share a recent situation that made you sad
2. Why were you sad about the situation? What did you think you were losing in that moment?
3. Imagine you did not feel sad about that situation. Would you have easily paid attention to what you were losing at that moment?



## 5: Unregulated Anger

Anger's actions showcase its role in defending boundaries but also demonstrate the consequences of unregulated expressions of frustration. Riley makes a rash decision driven by unregulated anger and it affects her core memory and values relating to her family.

### [Watch Clip](#)

#### Discussion Questions

1. What is the role of anger in our lives?
2. In what ways should we deploy our anger?
3. Why is it important to properly regulate our deployment of our emotions?



## 6: Core Memories & Emotional Disconnection

The loss of core memories and core values leads to emotional numbness, a teachable moment about the impact of emotional disconnection. Riley's core memories blend her emotions, teaching teens that complex feelings enrich their experiences. When we constantly suppress our emotions without properly resolving them, we can go into emotional disconnection and sabotage our deepest needs.

### [Watch Clip](#)

#### Discussion Questions

1. Share any core memories you can remember from earlier in your life
2. How does this memory make you feel? Why?



## 7: Joy & Sadness Save The Day

Joy realizes Sadness is crucial for Riley's emotional health, promoting the concept of embracing all emotions for balance. Together, both of them help restore Riley's emotional health and create blended memories which re-establish Riley's Family Core Memory.

### [Watch Clip](#)

#### Discussion Questions

- 1.What do you think is the role of emotions in creating key memories in our lives?
- 2.How do our emotions affect our memories?



## 8: The Train of Thought

Bing Bong finally gets Joy & Sadness to the train of thoughts which carries thoughts and ideas across different parts of Riley's mind, symbolizing the dynamic and constant flow of cognitive processes. It becomes a pivotal tool in Joy and Sadness's attempt to return to Headquarters, showing how memories and ideas interact within Riley's emotional and mental framework.

### [Watch Clip](#)

#### Discussion Questions

- 1.How do thoughts affect our emotions?
- 2.What are some of the thoughts that our train of thoughts can carry about us?



# WHAT NEXT?

Follow us on Instagram to find out how we are empowering teenagers and youth with practical ways to leverage EQ to thrive and excel in different contexts of life.



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Want more practical Emotional Intelligence toolkit and resources like this?

**Look out for  
EQ Mentors' Hub**  
[www.eqmentorshub.com](http://www.eqmentorshub.com)

## ABOUT EQ2HOMES

EQ2Homes is Africa's first Non-Profit aimed at creating a world where all children are emotionally intelligent to thrive and excel in the face of adversities, thereby empowering them for a brighter future.

Our vision is a future where every child matters and is equipped to thrive.

Our mission is to mould Africa with teenagers and youth empowered to unleash their full potentials and excel in every area of their lives.

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