

An Adventurous Day at Headquarters

Part 1 Find a friend and have some fun! Read the sentences below to yourself. When you get to a blank, ask a friend to give you a word that matches the label. Write their word on the line. Don't let them see the story until you are done. Then, read the story to your friend!

It's Riley's first day of hockey camp! The sun is _____ and the sky is _____.
(verb) (color)

It's a _____ day! But at headquarters, things are busy.
(adjective)

"What if Riley _____ and everyone laughs?" asks Fear.
(action verb)

"She will feel _____ and her face will turn _____."
(feeling) (color)

"I know," says Anxiety, who is nervous for Riley.

Envy chimes in. "Look at that kid's brand-new hockey _____ . I wish Riley had one!"
(item of clothing)

"You all, Riley is going to be great!" shouts Joy as she _____ around the room.
(action verb)

"We've been practicing for this! Let's cheer and _____ to support her!"
(action verb)

On the benches, Riley suddenly feels happy. "I hope we have _____ for snack!"
(food item)

she says. Then she _____ onto the ice to join the rest of her team.
(action verb)

Part 2 Think of a time you felt a strong emotion — or maybe more than one emotion at the same time. On the back of this sheet, draw a picture and write about it.



Families, talk with your children about emotions. Share a time when you felt happy, sad, nervous, or another emotion, to let them know that we all feel emotions, including grown-ups. Check out *Inside Out 2* only in theaters June 14, 2024, to learn about Riley and the new emotions joining headquarters!