

Message to Headquarters



Part 1 Riley's emotions are having a busy day! Read the sentences below. Then, on the back of this sheet, write a message to headquarters with tips to help Riley with her emotions.

1. Sadness is feeling blue because Riley fell in the hallway at school.
2. Joy is excited because Riley got a new hockey stick.
3. Disgust is taking over because Riley saw a little kid eat a bug.
4. Anxiety is antsy because Riley is trying to score a goal.

Part 2 Look at the *Inside Out 2* characters and their colors. Then, read each event or activity. What emotion does it make you feel? Color the circle to match the emotion. Some might even have more than one color!



birthday parties	losing something	playing games	disagreeing with a friend
teasing	playing sports	reading	trying something new

Families, share ways you deal with strong emotions with your children to help them find methods to cope when they experience big feelings. Check out *Inside Out 2* only in theaters June 14, 2024, to learn about the new emotions taking residence in Riley's headquarters!