

Explore Emotions with Disney · PIXAR INSIDE OUT 2



Dear Parent or Caregiver,

In class, your child has been learning about emotions with a little help from Riley and her friends from Disney and Pixar's *Inside Out 2*. Through an in-school program developed with education specialists at Young Minds Inspired, your child has engaged in activities focused on identifying and expressing emotions, examining healthy ways to manage big emotions, and exploring how to support others when they are experiencing strong emotions.

We encourage you to ask your child about what they have learned and to share their completed activity sheets with you. Then, do a little sharing of your own! Here are some ideas to get you started:

- **Share emotions.** Share a time you felt joy. What made you feel that way, and when have you felt like that again?
- **Spread positivity with an alphabet game.** For each letter of the alphabet, name something that brings you joy. Take turns and see if you can come up with words for every letter!
- **Create a joy plan.** Ask your child to share ways you can help them feel better when dealing with strong emotions. Encourage them to talk with you when/if they feel this way. Then, work together to come up with methods to soothe anxiety, ease sadness, reduce anger, celebrate joy, and so on.
- **Create thoughtful cards.** Create cards that celebrate joy and all the emotions we feel and then send them to friends.
- **Design a memory scrapbook.** Create a scrapbook that records important events and joyful emotions in your family's history.

Learn more at ymiclassroom.com/insideout2 and check out the *Inside Out 2* trailer to meet Riley and the new emotions joining headquarters!

About Disney and Pixar's Inside Out 2

Disney and Pixar's *Inside Out 2* returns to the mind of newly minted teenager Riley just as headquarters is undergoing a sudden demolition to make room for something entirely unexpected: new Emotions! Joy, Sadness, Anger, Fear, and Disgust, who have long been running a successful operation by all accounts, aren't sure how to feel when Anxiety shows up. And it looks like she's not alone! *Inside Out 2* will be released only in theaters June 14, 2024.