ACTIVITY 1 INSTRUCTIONS:
Mixed Emotions Improv

Directions:
1. Cut out the “cards” below and put them in two separate stacks: Emotions (Joy, Fear, Anger, Disgust, Sadness) and Scenarios. Have children work in groups of 2 or more to improvise the Scenarios.

2. Draw one card from the Scenarios stack. Count the number of characters and have that number of children come to the front of the group. Have each child read the Scenario card silently and then whisper to decide who will play which role (e.g., mother, child, friend, etc.).

3. Next, have each child draw two Emotions cards. Make sure each child keeps his or her selected Emotions private—the children watching will be trying to guess what they are! Each child should think about how to incorporate the selected Emotions in his or her role-playing.

4. Finally, have the children in the improv cast use ONE of their selected Emotions to improvise the Scenario. After a minute or two, call “Switch!” The role players should then continue the scene but express the second Emotion they drew from the deck.

5. Encourage the rest of the group to try to guess:
   • Which two Emotions each character acted out
   • The Scenario
   • Who’s who

Then, repeat the steps! This is a great way to help children get in touch with primary emotions—and reflect on how more than one emotion can exist in the same situation—in a fun and playful way.

Afterward, encourage children to create their own fun Scenario cards with the activity sheet provided. Each Scenario should incorporate 2, 3, 4, or 5 characters. Repeat the steps above with the Scenarios children create.

Visit www.bkfk.com/insideout to find out more about Disney•Pixar’s Inside Out!
ACTIVITY 1 INSTRUCTIONS: Mixed Emotions Improv
FEAR

A father and child are at the movies when the father starts hiccupping and can’t stop.

SCENARIO

DISGUST

A mom, dad, and child are grocery shopping and the child runs their shopping cart into a stack of oranges that roll all over the floor.

SCENARIO

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SCENARIO

Five friends are playing basketball and someone mistakenly makes a basket on the wrong side of the court.

SCENARIO

Two parents and their two children are at a restaurant when someone accidentally flings a meatball onto their table.

SCENARIO

Two best friends are at a really fun sleepover and just heard a spooky ghost story.

SCENARIO
Directions:

1. Start by picking one card from the Scenarios stack. Figure out how many characters are in the scene. Form a cast of that size and make sure everyone in the cast reads the Scenarios card silently. Then, quietly decide who will be who (keep it a secret from the rest of the large group!).
   - For example, if Jennifer, Chris, and Julio are the cast members, Jennifer might play the role of the mother on the Scenario card; Chris might play the role of the father; and Julio might play the role of the child.

2. Have each person in your cast pick two cards from the Emotions stack. Make sure each cast member keeps his/her Emotions private! Each cast member should think about how to use/demonstrate the selected Emotions in his/her role.

3. Finally, pick one Emotion to start with and work with your cast to improvise the scene for the rest of your large group. Your activity leader will stop you at one point and say “Switch!” Then, continue the scene but express the second emotion you drew from the deck. The large group should try to guess:
   - Which two Emotions each character is acting out
   - The Scenario
   - Who’s who

Repeat steps 1–3 until each Scenario has been improvised. Then, have more fun by creating your own Scenarios! Use the “cards” on the left to create two fun or funny Scenarios that can be acted out by 2, 3, 4, or 5 people. Cut out your Scenarios cards and put all of the Scenarios cards together in a stack. Repeat steps 1 through 3.

Break a leg!