



Inside Out Fact Sheet

Welcome to the Inside Out Relaxed Screening.

This fact sheet has key information about the film and the cinema that you may find useful and interesting.
Enjoy the film!

Key Information:

date:	March 8, 2025
screening time:	2:30pm
location:	Hot Docs Cinema
address:	506 Bloor St. West, Toronto, M5S 1Y3
length of film:	1 hour and 35 minutes

General things to know about the screening:

- The Hot Docs Cinema is on the North side of Bloor St. Between Albany & Bathurst.
- The closest transit station is Bathurst.
- If you are dropping someone off, you cannot drop off in front of the cinema as there is a bike lane, but you can drop off on Albany St. Around the corner.
- The closest Green P Parking lot is on Lippincott St. - please come prepared to pay to park.
- There is another Green P Parking lot at 557 Palmerston Ave. - please come prepared to pay to park.
- The box office opens at 2pm on March 8 - the box office takes cash, debit and credit.
- The screening begins at 2:30pm.
- The cinema for Inside Out will open as soon as the lobby opens, at this time the ushers will open the doors and let people into the lobby.
- The lobby will open for the audience of Inside Out at 2pm. This means that the audience for Inside Out will not be let in until that time.
- There is a screening after Inside Out, but not until the early evening.
- The ushers will scan your tickets once you are in the lobby (where the tiled floor meets the carpet).
- The seating is general admission, that means that your ticket does not have a seat location on it. You can choose your seat once you arrive in the cinema.
- When you enter the cinema, please do not take a seat claimed by someone else, or one that is in the accessible rows, unless you or someone in your family/group is a wheelchair/mobility device user and/or needs these seats.
- Locations for wheelchair users and their guests are located halfway down on the main floor on either side of the cinema.
- There are two floors to the cinema, the main floor is accessible, the balcony/mezzanine is not.

- There is one accessible washroom on the main floor - this washroom does not have a button for the door so some patrons may require a caregiver to open/close the door for them.
- Washrooms are located upstairs in the lobby of the balcony/mezzanine.
- Washrooms are all gender inclusive - meaning you may use whichever washroom you feel most comfortable using. There may be people of seemingly different genders to you in the same washroom - this is ok, everyone is in there to use the washroom.
- There are paper towels in the washroom and the soap dispensers are automatic.
- Please note that in the stalls only washroom there are sanitary caddies which can open automatically if you put your hand over or too close to them - do not be shocked! - they will close automatically too.
- The stairs in the balcony are original to the building and as such are not even. Please watch carefully when walking between rows in the balcony.
- The railing at the front of the balcony is about 2.5-3 feet high, so quite low. Please be careful in this area.
- The seats in the balcony have lower backs than the seats on the main floor.
- Some of the seats in the balcony are a little wider than others. They are about 1.5 seats wide.
- The concession is on the main floor and will be open - they take cash, debit and credit.
- There is a water fountain opposite the entrance to the main floor of the cinema.
- Outside food is allowed into the cinema.
- During the screening the house lights will remain on at a low level.
- Sound will be turned down slightly for this screening.
- No trailers will be shown prior to the start of the Inside Out screening.
- During the screening, audience members are welcome to move around and leave the cinema if needed.
- Audience are encouraged to express themselves naturally and authentically during the screening.
- A quiet space has been designated for this screening, an usher can direct you there if needed (it is in the lobby on the main floor - by the benches).
- If you need help at any time, the volunteers/ushers are in red t-shirts and they are there to help.

Film Synopsis:

When 11-year-old Riley moves to a new city, her Emotions team up to help her through the transition. Joy, Fear, Anger, Disgust and Sadness work together, but when Joy and Sadness get lost, they must journey through unfamiliar places to get back home. Growing up can be a bumpy road, and it's no exception for Riley, who is uprooted from her Midwest life when her father starts a new job in San Francisco. Like all of us, Riley is guided by her Emotions: Joy (Amy Poehler); Fear (Bill Hader); Anger (Lewis Black); Disgust (Mindy Kaling); and Sadness (Phyllis Smith). The Emotions live in Headquarters, the control center inside Riley's mind, where they help advise her through everyday life. As Riley and her Emotions struggle to adjust to a new life, turmoil ensues in Headquarters. Although Joy, Riley's main and most important Emotion, tries to keep things positive, the Emotions conflict on how best to navigate a new city, house and school. Some flashing lights sequences or patterns may affect photosensitive viewers.

Important information to know:

This film contains moments, images and talk of: sadness, moving homes, crying, fear, joy, eating, throwing food, disgust, anger, and other emotions, as well as falling, flying, running away and making friends. During the film many of Riley's emotions are shown as characters.

There are also other characters who are the people who make up the world Riley lives in. The emotion characters live inside Riley - other people cannot see or hear them. This is an animated film.

Sensory moments in, and information about, the film:

(Timings are noted for events that may be sensory or emotionally triggering. All other notes are in chronological order as they happen in the film. Timings are approximate and in brackets after the note. We have attempted to note as many sensory moments in the film as possible, but we do apologize for those we may have missed.)

- Inside Out is approximately 1 hour and 35 minutes long.
- This is an animated movie. When we refer to images being shown in the film, all images are animated.
- An animated movie/film is like a cartoon, only longer.
- There are no real-life humans shown in the film, only cartoon images.
- There will be music in the film.
- Not all instances of music will be listed below. At times it may seem loud. If it is too loud you may want to cover your ears with your hands or wear sound dampening headphones.
- The screen goes blue. There is movement and sound as the Disney logo appears.
- The music continues as the Pixar logo appears.
- The screen goes black.
- A voice begins speaking, but the screen is still black.
- Image of a baby being held by its parents.
- The baby is Riley.
- A ball of light turns into Joy.
- Joy is an emotion that Riley feels and is depicted as a character in the film.
- Many of Riley's emotions are shown as characters in the film.
- The emotions/characters in the film live inside Riley and see the world through her eyes.
- Images of food, eating and throwing food (3:23).
- Riley screams.
- Scenes of Riley crying and feeling sad.
- Riley falls on the ice while playing hockey.
- All the emotions cheer as Riley scores (5:02).
- Images of Riley as a toddler running with her underpants on her head, her naked bum showing (5:31).
- Riley gets a brain freeze.
- Joy and the other emotions work together to collect Riley's memories.
- The music gets louder as the memory globes/balls move. If it is too loud you may want to cover your ears with your hands or wear sound dampening headphones (7:04).
- Image of a "For Sale" sign on a post in the front yard.
- The emotions react with shock (7:10).
- Opening credits and the film's title appear on the screen overtop of the action of Riley and her family driving to their new home.
- Talk of earthquakes (8:07).
- Car horns honking. If it is too loud you may want to cover your ears with your hands or wear sound dampening headphones.
- Riley sees her new home.
- There is a dead mouse in the house (9:08).
- Fear is very frightened.
- Fear catches on fire.
- Joy extinguishes the fire.

- Riley's parents are upset that the moving truck is delayed. They argue (a bit).
- Joy tries to lighten the mood.
- Riley plays hockey with her parents.
- Milk comes out of Riley's nose (14:14).
- The emotions are upset about moving.
- Sadness touches a memory and makes it sad.
- Joy gives Riley a good dream.
- Riley starts her new school.
- Fear has a list of all the things that can go wrong.
- Talk of quicksand and spontaneous combustion (22:32).
- The teacher calls on Riley to introduce herself.
- A high pitched sound /tone plays. If it is too loud you may want to cover your ears with your hands or wear sound dampening headphones (23:29).
- The memory that the emotions are watching turns blue.
- Riley begins to get sad.
- Riley cries (23:48).
- Joy and Sadness get sucked up the memory tube. During this sequence the background moves very quickly. If it moves too quickly, you may want to look away or cover your eyes.
- Riley argues with her father.
- Riley's Anger has taken over.
- The buildings on Riley's personality islands begin to crumble.
- Goofball island crumbles and falls.
- Friendship island crumbles and falls.
- Riley eats lunch alone.
- Fear tries to replace a core memory with other hockey memories.
- Riley gets angry and leaves the hockey tryouts.
- Hockey island crumbles and falls.
- A stuffed animal's head comes off.
- Joy, Sadness and Bing Bong make the train.
- Anger suggests going back to Minnesota.
- Talk of running away (50:51).
- Joy and Sadness pretend to be a dog in Riley's dream.
- When Joy and Sadness walk in different directions, it looks like the dog has split in two.
- The scene gets louder. If it is too loud you may want to cover your ears with your hands or wear sound dampening headphones.
- Joy and Sadness follow Bing Bong into Riley's subconscious.
- The subconscious is darker and music begins to play. If it is too loud you may want to cover your ears with your hands or wear sound dampening headphones.
- An oversized vacuum cleaner is shown. It makes a loud vacuum sound. If it is too loud you may want to cover your ears with your hands or wear sound dampening headphones.
- Joy and Sadness rescue Bing Bong from Jangles the clown.
- Jangles follows Joy and Sadness back to the dream set.
- Jangles crushes the set with their large feet.
- Someone screams. If it is too loud you may want to cover your ears with your hands or wear sound dampening headphones (56:45).
- Fear screams and faints.
- Riley wakes up.
- Anger talks about running away.
- Honesty island crumbles and falls.

- The train tracks break and the train falls to the ground.
- Joy and the others shout and scream in surprise. If it is too loud you may want to cover your ears with your hands or wear sound dampening headphones (1:03:27).
- There are loud sounds and music as the train crashes. If it is too loud you may want to cover your ears with your hands or wear sound dampening headphones.
- Family island makes sounds like it is beginning to crumble.
- Memories begin to fall.
- Joy falls from the recall tube.
- Joy realizes how important Sadness is.
- Joy and Bing Bong sing while trying to get the rocket to fly.
- Rainbow lights stream out of the rocket.
- Loud sounds are played as they sing and drive the rocket over old memories. If it is too loud you may want to cover your ears with your hands or wear sound dampening headphones.
- Joy and Bing Bong try to escape using the rocket a few times before Bing Bong jumps out so that Joy can make it out to save Riley.
- Bing Bong disappears from Riley's memories.
- Sound of cellphone ringing.
- Part of Family island crumbles and falls.
- Sound of cellphone ringing.
- Another part of Family island crumbles and falls.
- Anger, Disgust and Fear are worried.
- Joy looks for Sadness in the memory storage.
- Sadness runs away from Joy.
- Anger, Disgust and Fear argue.
- The music picks up pace and feels urgent.
- Sounds of button pressing.
- Disgust uses Anger's fire to save Joy and Sadness.
- Riley's parents are worried.
- Riley gets home.
- Riley cries.
- Riley tells her parents that she is sad and wants to go back to Minnesota (her home).
- A new island is created.
- Lots of new islands are created.
- Riley plays hockey.
- The screen goes black and then blue
- Music begins.
- The credits begin.
- The credits tell us who was involved with making the film.
- Music plays through the credits. If it is too loud you may want to cover your ears with your hands or wear sound dampening headphones.
- Some scenes play during the first part of the credits.
- After the credits end, the film is over.
- We hope you enjoyed Inside Out!