

“Inside Out” Emotions Roleplay

- Have an emotion for each child to roleplay
- Let the other children try to figure out what emotion they’re doing
- Help when needed
- Repeat until every child has gone
- Once activity is complete, show picture of Riley and show how everybody has these emotions and its okay to express them.
- Being scared doesn’t make us weak. It’s good to be happy. It’s good to cry. It’s good to take down the masks that we wear and trust others

Emotions:

- Joy
- Anger
- Sadness
- Fear
- Disgust
- Confusion
- Panic
- Jealousy
- Love
- RILEY

Joy







Sadness

Disgust



Fear



Panic



Jealousy

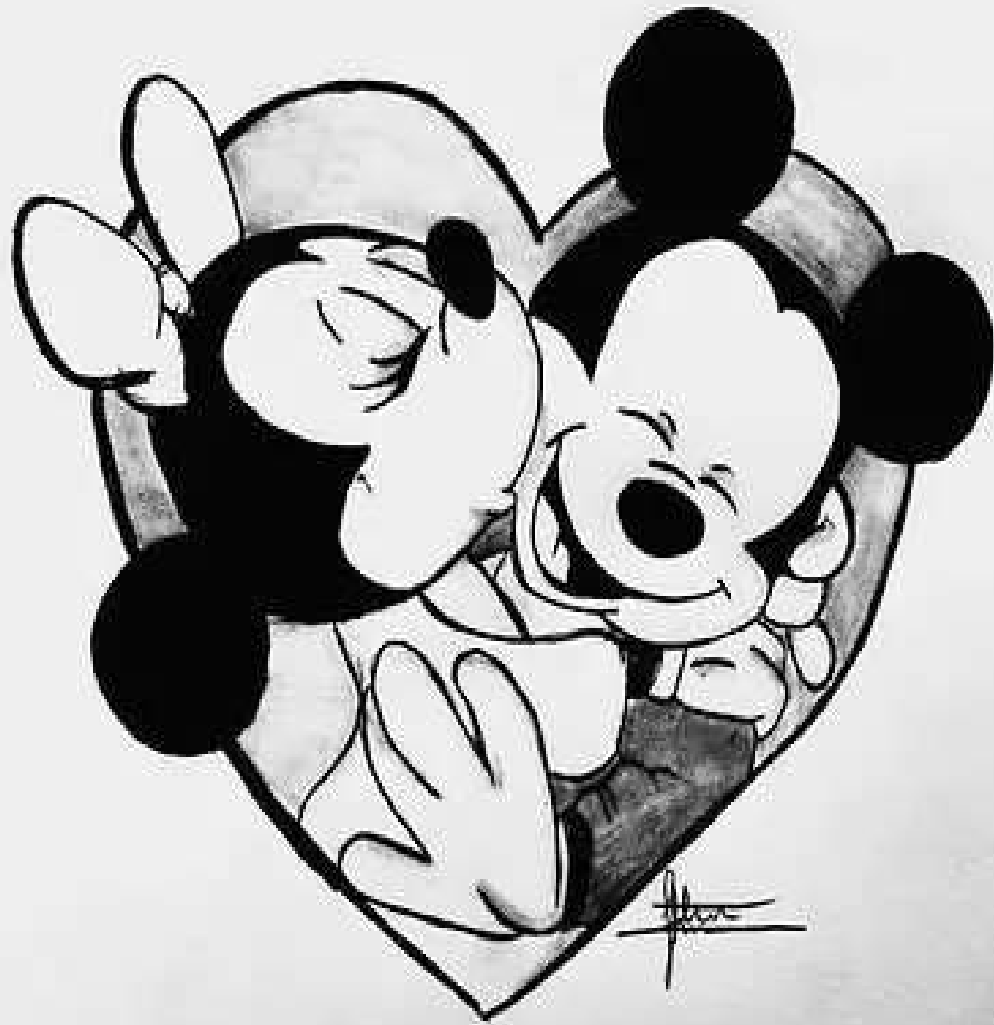


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Confusion



Love



And this is who we are

