



Grade 3 Sample Lesson Plan: Inside Out Emotions

Objectives/Goals

- Students will be able to define the five main emotions of the movie *Inside Out*: joy, sadness, fear, disgust, and anger.
- Students will identify how these emotions are present in daily life, especially when there is change to their routine.
- Students will choose a 'change event' and depict what it looks like and feels like in an emotion ball.

Materials

- Optional - Disney Pixar Movie: *Inside Out*
- Handout *Inside Out Meet the Emotions* (includes *Inside Out Breaking a Ball Down* and *Emotion Ball* cut outs)
- Coloring supplies and scissors

Step 1

- If you are able, show the Disney Pixar Movie *Inside Out* it is a great way to get students to think about the emotions they deal with daily.
- This lesson can still be used WITHOUT viewing the movie.

Step 2

- Discuss and define (list synonyms) the five emotions of the movie *Inside Out*. Have the students share specific examples if they feel comfortable or provide them with a time when they might feel that emotion. Try to relate the example directly to their age/experiences.
 - Joy – a feeling of great happiness.
 - Earning an A on their report card.
 - Sadness – feeling of sorrow or unhappiness
 - Losing a pet.
 - Fear – something is dangerous, painful, or threatening.

Health Smart Virginia Sample Lesson Plan

- Getting lost in an amusement park.
- Disgust – strong disapproval, unpleasant, revolting.
 - Seeing someone get sick.
- Anger – feeling of annoyance or displeasure.
 - Seeing someone you like get bullied.

Step 3

- On their own, have students complete the *Inside Out Breaking a Ball Down* handout.
- Explain that they will use the scenario listed about Sarah to think about how she may feel each emotion.
- This also creates the opportunity to discuss perspectives and how people may experience change in different ways. Example:
 - The arrival of a new baby could bring great joy to Sarah because she's been feeling alone, and she wants to be a role model to a younger sibling. She sees this as an opportunity to share her love for others. Or...
 - Sarah is afraid. She doesn't know what a baby will be like since she's an only child. Will her dad still love her? Will she be able to do the same things that she enjoys like playing soccer over summer?

Assessment Idea

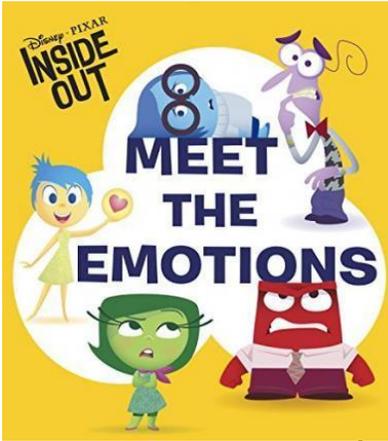
- Have each student identify a recent life changing event. Something that has happened in the last several months or will happen soon. After they determine the 'event' tell them to choose an *Emotion Ball*. They should choose the emotion they are most strongly feeling about the life changing event. Tell them to complete the assignment they should draw/color the emotion ball depicting how they feel. They can use words and images to express themselves.

References

- Adams, Stacy (2019), Health and Physical Educator; Shaler Area School District, Glenshaw, PA
- "Doctor, P., del Carmen, R. (Directors). (2015). *Inside Out* [DVD]. United States: Pixar Animation Studios."

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.



DIRECTIONS: Describe each emotion and provide an example of what makes you feel that way. Be specific and honest.

Joy

Sadness

FEAR

Disgust

Anger

INSIDE OUT: BREAKING A BALL DOWN



DIRECTONIS: Using the scenario below, describe how each emotion plays a role in the situation.

SARAH'S DAD AND STEPMOM JUST TOLD HER THAT SHE WILL BE A BIG SISTER (SHE'S AN ONLY CHILD). THEY ARE EXPECTING HER NEW BABY BROTHER TO ARRIVE RIGHT BEFORE THE START OF HER 4TH GRADE SCHOOL YEAR.

1. Joy	
2. Sadness	
3. Fear	
4. Disgust	
5. Anger	
6. What other feelings might Sarah be experiencing?	

Joy



SADNESS

FEAR



Disgust



Anger