Safe Space Inc.,
Resources & Tool for
Emotional Management

Joy
Sadness
Disgust
Anger
Fear
How Are You Feeling Today?

<table>
<thead>
<tr>
<th>Joy</th>
<th>Sadness</th>
</tr>
</thead>
<tbody>
<tr>
<td>JOYFUL</td>
<td>SAD</td>
</tr>
<tr>
<td>INTERESTED</td>
<td>BORED</td>
</tr>
<tr>
<td>PLAYFUL</td>
<td>SLEEPY</td>
</tr>
<tr>
<td>CONFIDENT</td>
<td>UNHAPPY</td>
</tr>
<tr>
<td>LOVING</td>
<td>IGNORED</td>
</tr>
<tr>
<td>SENSITIVE</td>
<td>GUILTY</td>
</tr>
<tr>
<td>COURAGEOUS</td>
<td>LONELY</td>
</tr>
<tr>
<td>HOPEFUL</td>
<td>ALONE</td>
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<table>
<thead>
<tr>
<th>Surprised</th>
<th>Anger</th>
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<tbody>
<tr>
<td>STARTLED</td>
<td>MAD</td>
</tr>
<tr>
<td>CONFUSED</td>
<td>JEALOUS</td>
</tr>
<tr>
<td>AMAZED</td>
<td>EMBARRASSED</td>
</tr>
<tr>
<td>EXCITED</td>
<td>FURIOUS</td>
</tr>
<tr>
<td>SHOCKED</td>
<td>IRRITATED</td>
</tr>
<tr>
<td>ASTONISHED</td>
<td>WITHDRAWN</td>
</tr>
<tr>
<td>EAGER</td>
<td>FRUSTRATED</td>
</tr>
<tr>
<td>DISMAYED</td>
<td>SKEPTICAL</td>
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</table>

<table>
<thead>
<tr>
<th>Disgust</th>
<th>Fear</th>
</tr>
</thead>
<tbody>
<tr>
<td>AWFUL</td>
<td>HUMILIATED</td>
</tr>
<tr>
<td>DISAPPOINTED</td>
<td>REJECTED</td>
</tr>
<tr>
<td>HESISTANT</td>
<td>WORTHLESS</td>
</tr>
<tr>
<td>REVOLTED</td>
<td>INSECURE</td>
</tr>
<tr>
<td>LOATHING</td>
<td>ANXIOUS</td>
</tr>
<tr>
<td>JUDGEMENTAL</td>
<td>SCARED</td>
</tr>
</tbody>
</table>

Print this Chart and Post for a Daily Check-in!
Today I am feeling

Joyful
Angry
Disgusted
Fearful
Sad

Because

Date

______________________________

______________________________

______________________________

______________________________

______________________________

______________________________

______________________________
Print out the game board.

Print and cut out 3 sets of cards.

Shuffle the cards and lay them in a stack, face down.

Take turns drawing from the stack of cards. Follow the instructions on each card. **If you get a face card, you will move forward.**

If you land on a MEMORY SPOT (the spot with the circles), you must tell a memory when you felt that emotion. The emotions coordinate with the characters from the Pixar Movie, Inside Out.

If you get to the end of the path and you run out of colors, you go to the WINNER circle and win the game!

**YELLOW = JOY**

**BLUE = SADNESS**

**RED = ANGER**

**GREEN = DISGUST**

**PURPLE = FEAR**

**PINK = SILLY**
INSIDE OUT EMOTIONS PLAYING CARDS

DIRECTIONS: PRINT AND CUT OUT 3 COPIES OF THIS SHEET.

I AM DISGUSTED!
MOVE TO GREEN

I AM AFRAID!
MOVE TO PURPLE

I AM HAPPY!
MOVE TO YELLOW

MOVE BACK TO THE CLOSEST YELLOW SPOT

MOVE BACK TO THE CLOSEST PINK SPOT

MOVE BACK TO THE CLOSEST PURPLE SPOT

I AM MAD!
MOVE TO RED

I AM SAD!
MOVE TO BLUE

I AM SILLY!
MOVE TO PINK

MOVE BACK TO THE CLOSEST RED SPOT

MOVE BACK TO THE CLOSEST GREEN SPOT

MOVE BACK TO THE CLOSEST BLUE SPOT
Every possible emotional overlap in Inside Out

Joy and Sadness make melancholy. But what do the other emotions add up to?

<table>
<thead>
<tr>
<th></th>
<th>Joy</th>
<th>Sadness</th>
<th>Disgust</th>
<th>Fear</th>
<th>Anger</th>
</tr>
</thead>
<tbody>
<tr>
<td>Joy</td>
<td>Ecstasy</td>
<td>Melancholy</td>
<td>Intrigue</td>
<td>Surprise</td>
<td>Righteousness</td>
</tr>
<tr>
<td>Sadness</td>
<td>Melancholy</td>
<td>Despair</td>
<td>Self-loathing</td>
<td>Anxiety</td>
<td>Betrayal</td>
</tr>
<tr>
<td>Disgust</td>
<td>Intrigue</td>
<td>Self-loathing</td>
<td>Prejudice</td>
<td>Revulsion</td>
<td>Loathing</td>
</tr>
<tr>
<td>Fear</td>
<td>Surprise</td>
<td>Anxiety</td>
<td>Revulsion</td>
<td>Terror</td>
<td>Hatred</td>
</tr>
<tr>
<td>Anger</td>
<td>Righteousness</td>
<td>Betrayal</td>
<td>Loathing</td>
<td>Hatred</td>
<td>Rage</td>
</tr>
</tbody>
</table>
Joy & Sadness
Sadness
Introduction to Emotions

Instructor’s Guide

Objective: To increase awareness of emotions and identify times when emotions have been felt

Supplies: Copies of activity found on next two pages and one pencil for each participant.

Group Size: 2 to 10 members

Introduction: Purpose of activity is to introduce emotions. Activity has two parts. First part is a reading activity. It defines different emotions. Second part is a listening activity based on emotions. It requires participant to write times when he or she felt different emotions.

Process: Explain purpose of activity. Pass out supplies. Randomly select participants to read aloud sections from the first part. Allow participants to independently complete the listening activity. Discuss answers as a group at end of activity.

Discussion Questions:
1. What are emotions also known as?
2. Allow participants to share times when they have felt different emotions based on the listening activity.
3. Is it okay to feel all emotions? Yes.
   • Explain why.
4. Is it okay to act out anger and frustration by hurting others? No.
   • Explain why.

Special Considerations

• Allow use of colored pencils for creativity.
• Provide one-on-one assistance with participants as needed.
• Remind participants that it is okay to feel all emotions.
**Introduction to Emotions**

This activity has two parts. The first part defines different emotions. The second requires you to list times you felt certain emotions.

Once you have completed them, you will be able to
- Identify emotions (and)
- Identify when you have felt these emotions

**Emotions are what you feel on the inside when things happen.**

*Emotions are also known as feelings.*

1. Afraid: feeling fear and worry
2. Angry: feeling mad with a person, act, or idea
3. Ashamed: feeling bad after doing wrong
4. Confident: feeling able to do something
5. Confused: feeling unable to think clear
6. Depressed: feeling sad, blue, discouraged, and unhappy
7. Embarrassed: feeling worried about what others may think
8. Energetic: feeling full of energy
9. Excited: feeling happy and aroused
10. Glad: feeling joy and pleasure
11. Jealous: feeling upset when someone has something that you would like to have or they get to do something you wanted
12. Lonely: feeling alone and that nobody cares
13. Proud: feeling pleased for doing well
14. Relaxed: feeling at ease and without worry, calm
15. Stressed: feeling tense, tired, uneasy, and overwhelmed
Directions: Write about a time when you felt these emotions in space provided. Use definitions found on the first page of this activity for help.

<table>
<thead>
<tr>
<th>Emotion</th>
<th>What Was happening when you felt emotion?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Afraid</td>
<td></td>
</tr>
<tr>
<td>Angry</td>
<td></td>
</tr>
<tr>
<td>Ashamed</td>
<td></td>
</tr>
<tr>
<td>Confident</td>
<td></td>
</tr>
<tr>
<td>Confused</td>
<td></td>
</tr>
<tr>
<td>Depressed</td>
<td></td>
</tr>
<tr>
<td>Embarrassed</td>
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<tr>
<td>Energetic</td>
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<td>Excited</td>
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</tr>
<tr>
<td>Glad</td>
<td></td>
</tr>
<tr>
<td>Jealous</td>
<td></td>
</tr>
<tr>
<td>Lonely</td>
<td></td>
</tr>
<tr>
<td>Proud</td>
<td></td>
</tr>
<tr>
<td>Relaxed</td>
<td></td>
</tr>
<tr>
<td>Stressed</td>
<td></td>
</tr>
</tbody>
</table>

What are the top three feelings that you do not like to have most?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
Life’s Blessings
Instructor’s Guide

Objective: To identify positives in life.

Supplies: One copy of activity found on next page and one pencil for each participant.

Group Size: 2 to 10 members

Introduction: Purpose of activity is to increase awareness of positives in life. “Positives” are thoughts that we consider to be good, pleasurable, and enjoyable.

Process: Explain purpose of activity. Pass out supplies. Require participants to list as many activities as they can think of on the swirl.

Discussion Questions:
1. Do you think it is important to focus on the positives in life?
   • Explain why.
2. What did you learn about yourself?
3. How does thinking of these “life blessings” affect your mood?
4. How can you go about doing these activities if you don’t do them already?
5. Explain why it is good to focus on the positive instead of the negative?

Special Considerations

• Make copies on bright colored sheets to enhance creativity
• Allow use of colored pencils for creativity.
• Provide one-on-one assistance with participants as needed.
• Inform participants that focusing on positive means to not dwell on the negative, but this does not mean to avoid or ignore facing life’s problems.

Recommendations

• Collect all activity sheets after participants have completed them. Read answers allowed and have the group participant’s guess which individual completed the activity sheet. Be sure to gain all individuals consent to read their answers aloud prior to sharing them to avoid embarrassing anybody.
Name: ________________________________ Date: ________________  

Life’s Blessings  

1. Best things that have happened to me:  
________________________________________________________________________  
________________________________________________________________________  

2. Most prized possession: _________________________________  

3. Best things about life: _________________________________  

4. Favorite food: _________________________________  

5. Favorite drink: _________________________________  

6. Favorite place to be: _________________________________  

7. Places I want to go: _________________________________  

8. Hobbies: _________________________________  

9. Favorite sports: _________________________________  

10. Favorite television show/ movie: _________________________________  


12. Best physical feature: _________________________________  

13. Best memory: _________________________________  

14. Past achievement: _________________________________  

15. Best talent: _________________________________  

16. Best friend/ family member: _________________________________  

17. Why is it important to focus on the positives?  
________________________________________________________________________  
________________________________________________________________________  

18. What did you learn about yourself from this activity?  
________________________________________________________________________  
________________________________________________________________________
Emotions Matching Activity

Instructor’s Guide

**Objective:** To increase awareness of emotions.

**Supplies:** One copy of activity found on next page and one pencil for each participant.

**Group Size:** 2 to 10 members

**Introduction:** Purpose of activity is to increase awareness of emotions

**Process:** Explain purpose of activity. Pass out supplies. Require participants to independently complete matching activity. Answer questions aloud as part of group at end of session.

**Discussion Questions:**
1. What was purpose of activity?
2. Is it okay to feel all emotions? Yes. Explain why.
3. Require participants to explain times when they felt different emotions.
4. What did you learn from this activity?

**Special Considerations**
- Allow use of colored pencils for creativity.
- Provide one-on-one assistance with participants as needed.
- Provide younger participants with children’s dictionary.
- Allow participants to use Introduction to Emotions activity sheet for help.

**Answers**

1. F. Depressed
2. C. Ashamed
3. L. Lonely
4. H. Energetic
5. G. Embarrassed
6. N. Relaxed
7. E. Confused
8. M. Proud
9. B. Angry
10. O. Stressed
11. J. Glad
12. D. Confident
13. A. Angry
14. I. Excited
15. K. Jealous
**Emotions Matching Activity**

**Directions:** Write the letter of the feeling for each definition. Use a dictionary if you need help.

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Afraid</td>
<td>1. ____Feeling sad, blue, discouraged, and unhappy</td>
</tr>
<tr>
<td>b. Angry</td>
<td>2. ____Feeling guilty after doing wrong</td>
</tr>
<tr>
<td>c. Ashamed</td>
<td>3. ____Feeling alone and that nobody cares</td>
</tr>
<tr>
<td>d. Confident</td>
<td>4. ____Feeling full of energy</td>
</tr>
<tr>
<td>e. Confused</td>
<td>5. ____Feeling uncomfortable because of shame</td>
</tr>
<tr>
<td>f. Depressed</td>
<td>6. ____Feeling at ease and without worries</td>
</tr>
<tr>
<td>g. Embarrassed</td>
<td>7. ____Feeling unable to think clear</td>
</tr>
<tr>
<td>h. Energetic</td>
<td>8. ____Feeling pleasure from doing well</td>
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<td>i. Excited</td>
<td>9. ____Feeling upset with a person, act, or idea</td>
</tr>
<tr>
<td>j. Glad</td>
<td>10. ____Feeling tense, tired, and uneasy</td>
</tr>
<tr>
<td>k. Jealous</td>
<td>11. ____Feeling joy and pleasure</td>
</tr>
<tr>
<td>l. Lonely</td>
<td>12. ____Feeling able to do something</td>
</tr>
<tr>
<td>m. Proud</td>
<td>13. ____Feeling fear and worry</td>
</tr>
<tr>
<td>n. Relaxed</td>
<td>14. ____Feeling happy and aroused</td>
</tr>
<tr>
<td>o. Stressed</td>
<td>15. ____Feeling displeased when rival does well</td>
</tr>
</tbody>
</table>
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Credits Page


We would also like to Thank Everyone who credit amazing content in relation to Disney's Inside Out along with Emotional Management Tools!