

EMOTIONS AT PLAY

WITH PIXAR'S INSIDE OUT



TRAVELING EXHIBIT GALLERY GUIDE



HOW ARE YOU FEELING RIGHT NOW?

Our emotions are an essential part of who we are and how we navigate our world.

Step inside and explore your mind with the five core emotions featured in the celebrated Disney and Pixar film, *Inside Out*—Joy, Sadness, Anger, Disgust and Fear.

This is a place to act out your feelings, tap into your memories, and see what your imagination can dream up as you reflect on your emotions and the stories of your life.

Come take a look inside your mind—we bet it's pretty cool in there.



CONTROL PANEL

Use the various levers, buttons and dials on the Control Panel to make music. Listen to the different sounds and think about how they make you feel. Try different combinations to make a song to express how you are feeling today. Notice the other sensory cues on the panel and how they add to the emotions of your song.

People sometimes make music to express their feelings. Music also makes people feel different ways. A song that brings one person joy might make another person feel sad.



EMOTION MIRRORS

Look in the mirrors and act out each emotion you see with your face and your body, and think about how we feel with our faces and with our bodies. Each person shows their emotions in their own way.

Sometimes the way we look lets other people know how we feel, sometimes it does not. No one really knows how we are feeling unless we tell them. When we try to understand how others feel - by how they look and act—we can find more ways to relate to and understand them.





LONG TERM MEMORY

Think of a memory that is important to you and how that memory makes you feel. Choose the colored paper that represents the strongest emotion you feel that makes that experience memorable. Write or draw your memory on the paper and then put it in front of one of the white lit spheres and see what happens next.

We all have lots of memories that are a part of who we are. The way we feel about our memories can change. Something that made us feel sad at first can change and become a happy memory.

TRAIN OF THOUGHT

Imagine the wooden ball is a train on a track. Work to control the ball on the movable track and see if you can drive it to the end of the line. Practice controlling your emotions as you learn this new skill and see how you feel when the ball falls off the track vs when it makes it to the end.

A “train of thought” is the connected series of thoughts forming in your mind. Your train of thought can become derailed - like when you have a strong feeling, causing you to lose focus and forget what you were thinking.





RANGE OF EMOTIONS

Look at the screen and practice your facial expressions - happy, sad, angry, afraid and disgusted. Emotions can feel big or small. The light gauges change when you look very very angry (furious) or just a little angry (annoyed) or the way that you look when you feel very very happy (ecstatic) or just a little happy (calm). Learning to recognize what emotions look like on our faces help us recognize those same emotions in others. When we understand how other people are feeling, we are more likely to want to help them and to be able to help them.



EMOTIONS IN MOTION

Think about how you are feeling right now. Turn the dial to choose the emotion and color that represents that feeling. Pick a white ball, place it in the hole and turn the crank. When the ball enters the machine, it turns the color of the emotion set on the dial, becoming a memory sphere added to the short-term memory machine. Each one of the balls shows how someone was feeling when they were here today. In many ways, we are different from one another, but we all have feelings—and sometimes we feel the same way.



DREAM PRODUCTIONS

Use your imagination to create a story and perform it at Dream Productions. We use our imaginations to tell different kinds of stories that express a wide range of emotions. When we do, the characters can be joyful or sad, brave or afraid, pleased or disgusted; calm or angry. Playing these emotions through storytelling is one important way we can work through the emotions we are feeling in real life.



BALANCING OUR EMOTIONS BLOCKS

Emotions can be hard to balance. Explore how emotions work together as you stack and balance the colorful shaped blocks on the teeter-totter and on each other. Just like our real emotions, each of the blocks are different and will behave differently. You will have to use each of the shapes together to make a sound and balanced stack. Like the blocks, our emotions have different jobs and they work together to balance each other out and keep us healthy.



MANAGING OUR EMOTIONS MAZE

Tilt the table to move the ball through the maze toward one of the five emotion targets. See how well you do by yourself and try again with a partner. We have to manage our emotions differently depending on whether we are alone or as part of a group. Sometimes it makes the job harder, sometimes easier, sometimes it's a mix of both. It can sometimes be difficult to manage our emotions. Recognizing and naming our emotions are the first steps to understanding and managing them.



IMAGINATION LAND

Turn the spinners to see, hear and feel the colorful materials move inside the round containers. Or use your whole body to follow the tangled, twisted paths toward the emotion you are feeling right now. See how the emotions overlap as you hop, balance and stretch to move across the mat toward one of five emotion symbols. Our emotions and senses are very tightly intertwined. What we hear, see, taste, smell, and touch gives us information about how to feel. Use these activities to practice controlling your emotions by tuning into your senses. You own your emotions, they don't own you.

ART GALLERY

Pixar's artists draw many versions of characters and their environments before a film is animated, exploring different designs that will express the personalities of the characters and mood of the settings for the stories. The 20 artwork reproductions represent just a tiny fraction of the more than 20,000 drawings and paintings created during the visual development of the Disney and Pixar film *Inside Out*.



Exhibit Specifications

SIZE:

2,000 - 2,500 square feet

COST:

\$85,000 plus inbound shipping on 2 trucks

AVAILABILITY:

Call for availability

CONTACT:

Exhibits@pittsburghkids.org

412.322.5058 x229



children's
museum™
pittsburgh



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