girl scouts of northern california

daisy Grades K-1 brownie Grades 2-3

**Program Toolkit**

# Joy & Friends' Feelings Adventure

Don't miss out on a joy-filled adventure! In this program, Daisy and Brownie Girl Scouts will engage in activities inspired by the movie *Inside Out.* They will think about the things that make them happy, play a game that tests their ability to guess emotions, and create a memory orb!

Time: 2-2.5 hours, but feel free to pick and choose which activities you want to do!

Steps Overview:

- Design your personality islands
- Get to know and regulate your emotions
- Create a memory orb

## Materials Needed:

- Inside Out movie clip cards (optional, attached in this packet)

**Activity #1: My Personality Islands**

- Personality Islands template
- Colors
- Pencils
- Stickers (optional)

**Activity #2: Get to Know Your Emotions**

- Emotion cards
- Emotion regulation chart (optional take home resource for Girl Scout and adult)

**Activity #3: Body Scan or Deep Breathing**

- Speaker or projector/laptop/TV

**Activity #4: Memory Orb**

- Plastic ornaments - make sure they can be taken apart in two halves
- Paper
- Yellow tissue paper
- Colors
- Scissors
- Ribbon, stickers, beads, or other decorative supplies
- Printed out photo of a memory (optional)

(last updated: July 2025)

## Introduction

Welcome to Joy & Friends' Feelings Adventure! Today we are going to learn about our emotions while also making new friends! I hope you are all ready to have a joy-filled adventure!

Who here has seen the movie Inside Out? *Allow for discussion of movie.*
If you have not seen the movie, it is about a girl named Riley who is moving from Minnesota to a different state, California. In fact, she moves to San Francisco!

How do you think moving to a different state made Riley feel? *Allow for discussion of answers.* That's right! Riley might have felt a LOT of different emotions! It can be exciting to move to a new place, but it can also be scary, or sad to think about leaving friends. The movie Inside Out is all about how Riley experiences these different emotions.

Today, we are going to be doing activities all about different feelings that people have, so hopefully by the end of today you will be able to name different emotions and know what to do when you're feeling one that doesn't feel so great, which is a really awesome skill to have!

Let's begin!



## Step #1: My Personality Islands- (45 minutes)

- The first activity we are going to do will help you think about the things that you love and that make you happy. In the movie, Riley's emotions live in a land that has her "personality islands". Personality means the special ways we think, feel, and act that make you, *you*. For example, Riley has an island called Goofball Island because she likes to be silly.

My Personality Islands (30 minutes)

- *Show Personality Island card*. You can see here some of Riley's islands: Family Island, Hockey Island, Friendship Island, and Goofball Island because she loves her family and friends, playing hockey, and being silly. In this activity, I want you to think about what your personality islands would be. Take a moment and think about the special things that you love.

- On your Personality Island template, decorate your own islands!

Share Out (15 minutes)

- Once everyone is done decorating your islands, come over and sit in a big circle for our share out. In Girl Scouts, we make new friends in our troop and even with Girl Scouts not in our troop. To learn a little bit more about each other, we are all going to share one of our Personality Islands!

- Have each Girl Scout share one of their islands and a short explanation of why they chose their island theme.

- Great job everyone! I hope you all had fun thinking about the things that make you happy. Maybe you found out that some other Girl Scouts like the same things you like!



## Step #2: Get to Know Your Emotions (25 minutes)

- We are now going to dive deeper into the emotions that Riley has. In the movie Inside Out, each of Riley's emotions are a character. Let's meet them! *Share character cards.*

    - First up we have Joy, Joy is what we feel when we are happy and have a big smile on our face. When we are feeling joy, we can share our happiness with others! Riley feels joy when she plays hockey. Who wants to share some things that make them feel joy?

    - Next we have Sadness. Sadness is what we feel when we don't feel happy. Sometimes we don't feel happy because we are missing something or someone, or maybe we are disappointed about something. For example, Riley feels sadness when she misses her old home in Minnesota. When we feel sadness, some things we can do are: ask to take a break, ask for a hug, or spend time with people you love.

    - The next character we will meet is Anger. Anger is what we feel when we think something is not fair. Riley feels angry about moving to California because she thinks it is unfair to leave all of her friends in Minnesota. When we feel anger, some things we can do are: take deep breaths, talk to an adult, or go for a walk. Do any of you want to share what makes you feel better when you are angry?

    - Next we have Disgust. Disgust is what we feel when we think something is yucky. Riley feels disgust when she is told she has to eat broccoli because she thinks broccoli tastes yucky. When we feel disgust, we can use our words to tell someone what we don't like.

    - Last but not least, I'm going to introduce you to Fear. Fear is what we feel when something is scary for us. It can be a difficult emotion to feel! Riley feels fear when she is sleeping in her new home for the first time because she sees scary shadows. When we feel fear, we can ask for a hug, give ourselves a big hug, take deep breaths, or ask for help from an adult.

**Guess the Emotion Game (15 Minutes)**

- Now that you have met all of Riley's emotions, we are going to play a game where you will try to guess what emotion Riley is feeling based off of the picture I give you.

- I am going to pass out picture cards to each of you. You will take a look at your card and try to guess what emotion Riley is feeling.

- Then I am going to share out a number, like “Emotion Buddies 2!”. This means you will have to get into a group of 2. Then in your group, you are going to share three things: your picture, what emotion you think Riley is feeling, and what you think Riley could do to feel better. If you need help thinking of ideas, you can ask your buddy for help!
    - *If groups are odd, adult can pair up with Girl Scout, or Girl Scouts can join a larger group.*

- Once everyone has a turn to share their card, everyone will switch cards so they will now have a new card. I will then share a new number, like “Emotion Buddies 4!”. This means you will have to find a new group of 4.
    - *Continue calling numbers and having Girl Scouts switch cards until you want to end the game*

## Step #3: Body Scan or Deep Breathing - 15 minutes

- Everybody feels sad, angry, or scared at times - that’s normal! That doesn’t mean it is bad to feel those feelings, but we usually don’t like to feel that way, right? Sometimes in order to feel better, we need to take a break from whatever is making us sad, angry, or scared.

- This is what you call emotion regulation. This big word just means that you can recognize what you are feeling and know some ways that you can try to help yourself feel better! For example, if I am feeling very angry, I can tell myself “I am feeling angry right now”, and maybe I can feel better by eating a snack. That is emotion regulation!

- One common way to help us feel better from big feelings is by doing.... *(choose one to share)*

    - A body scan. During a body scan, you will find a place to either sit or lie down in a quiet place. You will focus on taking deep breaths and paying attention to what your body is feeling. This will help you take a break from whatever is making you feel bad.

        - Let’s do a body scan together! *Use a speaker, laptop, or TV to play the audio/video:*
            - **The Body Scanner!** by The Mindfulness Teacher on YouTube



- Deep breathing. When we are feeling in a bad mood, especially when we are angry, our breathing can be very quick and shallow. Our body forgets to take deep breaths. This means that we have to remind ourselves to take nice, deep breaths from our belly. I have a video that will show you some one way you can remind your body to breathe deeply.

    - Let's practice deep breathing together! *Use a speaker, laptop, or TV to play the video/audio:*
        - **Candle Breathing!** by BrightenUp Kids! on YouTube




- Great job, everyone! How do you feel? Next time you feel angry, sad, or scared, this can be something that you try doing to help yourself feel more calm!

## Step #4: Memory Orb (35 minutes)

- We are going to end today's activities with a craft! In the movie Inside Out, all of Riley's memories are stored in memory orbs. *Show memory orb card.* Each of these little balls hold one of Riley's memories. And now you are going to make one!

- To start, everybody needs to think of a happy memory they want to put inside of their memory orb! Once you know which memory you want to draw, we are going to get started.

- First, trace one half of the plastic ornament on a piece of paper. This is going to be your border for your picture. Make sure to not draw outside the border, or your memory will be cut off.
    - *Option:* If you want to, you can print out a photo you already have, and trace the border of the ornament on to your picture.



(Photo from The Pinterested Parent)

- Next, you are going to cut out your memory along the circle border you drew.

- Fill one half of the ornament with yellow tissue paper crumpled up. Place your photo or drawing on top of the tissue paper. Then close your ornament with the other half.
  - *Option:* put a few beads inside the ornament before closing it up!

- Decorate your orb with stickers or ribbon if you'd like! This memory orb can be a reminder of a happy memory if you are feeling sad.

## Closing

I hope you all had fun going on this adventure with me and that you learned something new about your feelings and emotions! Remember, everyone has happy days and days that feel a little harder, and that's totally okay. The good news is, now you have some tools to help you understand your emotions and feel better when things get tough! So go ahead and find a buddy to high five or pat yourself on the back!



## Supporting Materials on following pages

# Riley's Personality Islands



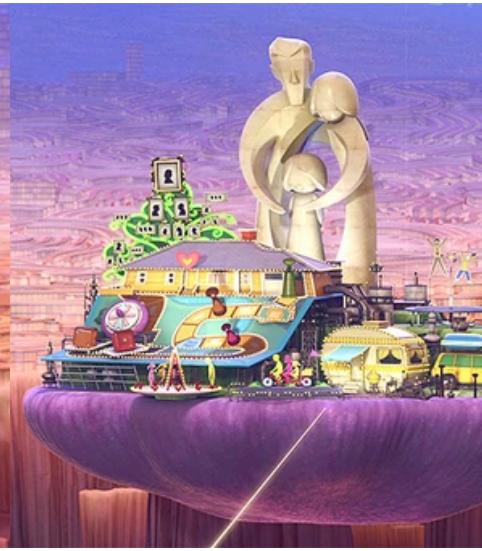
Hockey Island



Goofball Island

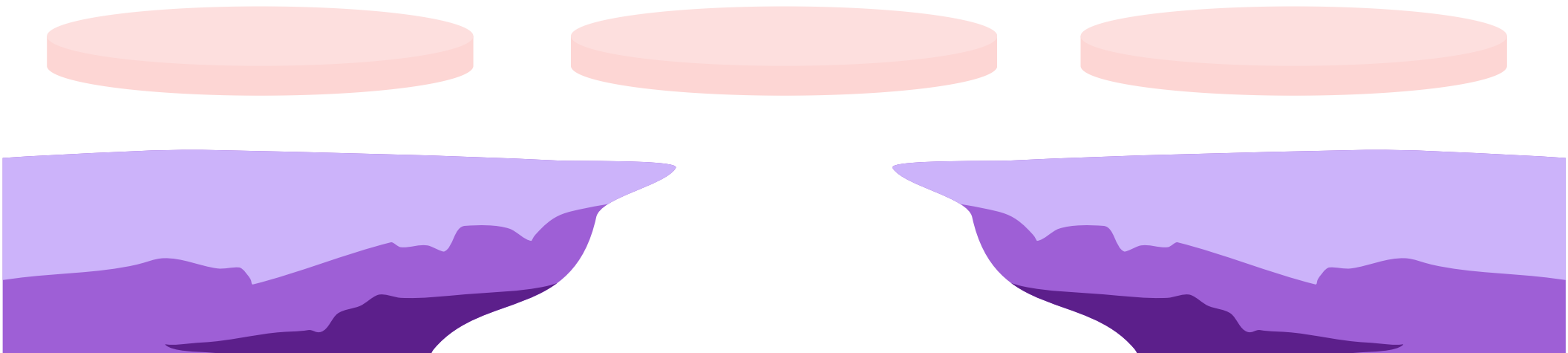


Friendship Island



Family Island

# _____‘s Personality Islands



# Joy





# Sadness





# Anger





# Disgust





# Fear

































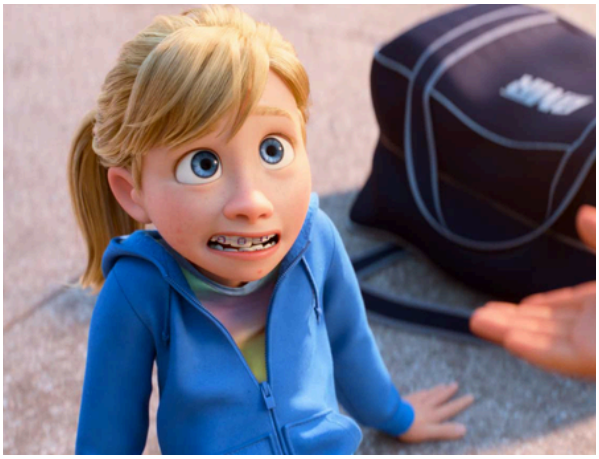

























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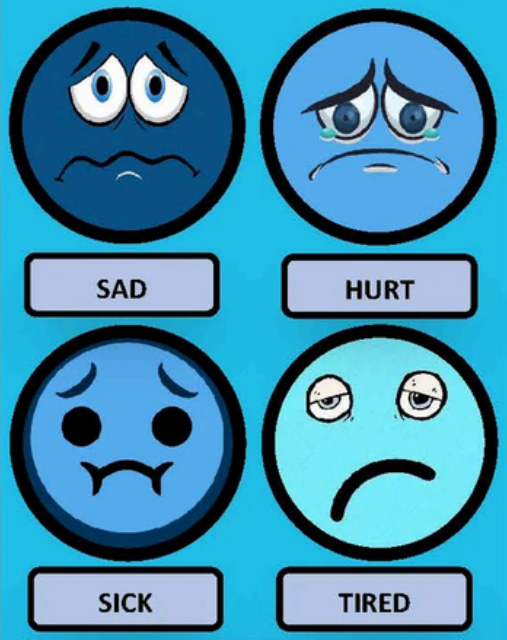




# Riley's Memory Orbs!

# What Zone Are You In?

## Blue Zone




**What can I do?**

**REST**

- Take a break
- Ask for help
- Talk to someone
- Jump up and down 5 x
- I can also……?

## Green Zone




**What can I do?**

**GO**

- Think happy thoughts
- Finish my work
- Help others
- Share ideas
- I can also……?

## Orange Zone




**What can I do?**

**SLOW DOWN**

- Take deep breaths
- Talk to someone
- Go for a short walk
- Count to ten
- I can also……?

## Red Zone




**What can I do?**

**STOP**

- Take a time out
- Run a lap
- Squeeze a stress ball
- Drink water
- I can also……?

(Open Heart Assets)