

“Insideout” Activity 1: Matching Feelings

Instructions: Match each character with the correct feeling. Write the letter (a, b, c, d) next to the name.

Characters:



Feelings:

Confused

Angry

Sad

Happy

Activity 2: Fill in the Blanks (Dialogue Extracts)

Instructions: Complete the sentences with the correct adjective from the options in parentheses.

1. Riley: "School was ____." (fine / sad / angry)
2. Mom: "Riley, is everything ____?" (okay / angry / tired)
3. Dad: "I don't like this new ____." (attitude / happy / angry)
4. Riley: "Oh, yeah. That sounds ____." (fantastic / sad / confused)
5. Dad: "Riley, go to your ____." (room / happy / angry)

Activity 3: Multiple Choice – Reactions

Instructions: Read the questions and circle the correct answer (a, b, or c).

What did Riley say about school?

- a) It was fun.
- b) It was fine.
- c) It was great.

What did Dad do when Riley rolled her eyes?

- a) He was angry.
- b) He smiled.
- c) He laughed.

How did Riley feel when Dad said “Go to your room”?

- a) Angry
- b) Happy
- c) Excited

How did Mom’s feelings think about Riley?

- a) All okay.
- b) Something is wrong.
- c) Very happy.

What did Dad’s feelings say?

- a) “She has sass.”
- b) “She has joy.”
- c) “She has love.”