

GSHPA GIRL & FAMILY GUIDE TO


DISNEY PIXAR

Inside Out

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How to Watch the Movie:

- Inside Out is available on Disney+, Amazon Prime, Google Play (to rent), iTunes (to rent), Vudu (to rent) and YouTube (to rent). You are also welcome to watch it in DVD format!
 - Tune into GSHPA's Zoom event before and after the movie, starting at 6pm, to join Girl Scouts all over council in getting excited for the movie and talking about it afterwards.
 - Jazz up your movie watching space! Create a blanket fort, or a pillow bed, wear crazy socks and fun PJ's, invite your favorite stuffed animals to join you, and get some tasty snacks ready!
 - Share your snacks, opinions, movie watching buddies, blanket forts, PJ selfies, and more! Girls can use #GSHPAmovienight on Instagram, Twitter and Facebook.
 - Some troops may choose to have a discussion together after the movie. Your Troop Leader will let you know how you will be doing a virtual discussion together! If you are watching the movie on your own, GSHPA will have a Zoom event before the movie (6-6:20pm), and after the movie (8:15-8:45pm), and we would love to have you join us!
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Snack Ideas:

Movie Night Snack Tray - Gather your favorite movie snacks or candy. Using a cookie sheet or other tray, arrange your snacks in bowls or on plates to create a colorful medley to snack on!

Brain Freeze Slushie - You will need 1 packet of blue Kool-aid drink mix, 1/2 cup of sugar, 2 cups of ice water, and 4 cups (1 full tray) of ice cubes. Blend everything together in a blender with the help of an adult and enjoy. Watch out for brain freezes!

Rainbow Unicorn Fruit Kabobs - To make this snack, you will need to think of a fruit that you like for each color of the rainbow! Once you have your fruit, you will also need skewers and mini marshmallows. Once you have your supplies, you can skewer your fruit pieces in any pattern you would like, and don't forget to add the mini marshmallows in your pattern too!

Comfort Food - Some of the food we see in the movie triggers Riley's Disgust emotion, like broccoli pizza. You can trigger your Joy emotion by making comfort food! Comfort food can be any snack or food that makes you happy, and that makes you feel warm and fuzzy inside when you eat it. For Brynne and Colleen, the staff members who run movie nights, our favorite comfort food is grilled cheese and tomato soup, brownies, and hot chocolate!

Activity Ideas:

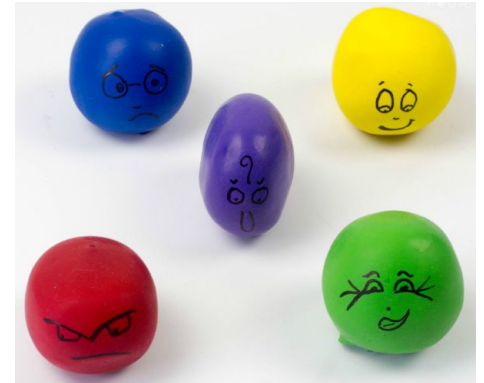
1) Create Emotion Stress Balls

- You will need red, green, blue, yellow and purple balloons (3 or more of each color), scissors, flour, a bottle (a used water bottle will work!), a funnel, and a black sharpie.

- First, fill your empty bottle with flour. Then blow a balloon up and twist the end three times. While it is still twisted, slip the end of the balloon over the bottle opening, and then let it untwist. Turn your bottle upside down and empty the flour into the balloon. Then very carefully, let the excess air out of the balloon (just a little at a time, so flour does not come out).

- Once all of the air is out of the balloon, have an adult help you cut the neck of the balloon off. Take a second balloon in the same color and cut the neck off as well, then place your first filled balloon into it, with the hole first. Repeat until you have 3 to 4 balloons total.

- Repeat the process for each color. Then you can take your sharpie and draw the faces of Joy, Fear, Anger, Disgust and Sadness. Please remember that these are not for throwing. Instead, use them when you are feeling certain emotions while you think about what you are feeling!



2) Create a Memory Book

- Riley's memories are kept in memory balls and stored away. You can do something similar with your memories by creating a memory book!

- You will need a blank page book or journal, or just blank paper that you can staple or hole punch to keep together, as well as a pencil, markers or crayons, scissors, glue, and pictures of your favorite memories. Start by sorting your memories. You can do this by the order they happened, or where they happened, or the emotion you feel with the memories.

- Then you can use your glue (or tape if you prefer) to add your pictures to your book. Be sure to decorate your pages and write down a little something about each memory! When you are finished decorating, you can decorate a front cover as well. If you are using loose papers for your book, you can staple it together at the end, or use a hole punch and ribbon or string to tie the pages together!

What Can You Do?

1) Conserve Energy from the Inside Out!

- When washing clothes, wash full loads and use cold water
 - Don't stand in front of the refrigerator with the door open, this uses more energy as the fridge has to work harder to maintain its temperature.
 - Air dry your clothes: instead of using your dryer, string a line in your backyard that you can hang your clothes to dry on. Summer is the perfect time for this!
 - Change out your light bulbs for energy saving light bulbs. Incandescent lights use 95% of their energy to give off heat, while only 5% of their energy actually gives off light.
 - Take shorter cooler showers. Since it is so hot in the summer, this is a great time to start practicing this small but mighty energy saver! A typical shower uses 2.5 gallons of hot water per minute. Cutting your daily shower by 4 minutes will save 3,650 gallons each year!
 - Turn off your electronics and appliances when not in use. If an indicator light is on, you are burning power needlessly.
 - Unplug chargers when they are not in use. Many chargers draw power continuously, even when the device is not plugged into the charger.
 - Use a microwave or toaster oven instead of the conventional oven when possible. These use less energy than conventional ovens do.
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