



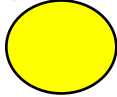
Have you seen the movie, *Inside Out*? Disney Pixar's *Inside Out* takes a journey into the mind of 11 year-old Riley. At the control center of Riley's mind are five emotions hard at work, Hau'oli (Joy), Maka'u (Fear), Huhū (Anger), Ho'opailua (Disgust) and Kaumaha (Sadness).

Directions: After watching *Inside Out*, track your feelings for a day. Color in the circles below. Each circle is a feeling that you felt throughout the day. You can continue this for more than a day AND you can invite your 'ohana to join you!

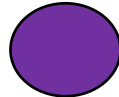
Kaumaha
(Sadness)



Hau'oli
(Joy)



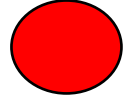
Maka'u
(Fear)



Ho'opailua
(Disgust)



Huhū
(Anger)



Do you remember where these memories will be stored?

Did you create any core memories today?

--	--	--	--	--