



2015

Inside Out

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Movie Review

Title: Inside Out

Main Performers: Amy Poehler, Phyllis Smith, Bill Hader

Director: Pete Docter, Ronaldo Del Carmen

Reviewer: Whitney Troxel

Studio: Disney Pixar

Year Released: 2015

Run Time: 94 min.

MPAA Rating: PG

Interest Level: Toddler, Preschool, Primary, Intermediate, Young Adult

Rating: Outstanding



Review

Through her eleven years of life, Riley's emotions have always been there to protect her. When Riley and her parents move from Minnesota to San Francisco Joy, Anger, Fear, Disgust, and Sadness are there to help the move go as smoothly as possible, although Joy thinks they could do without Sadness. When Riley's core memories are accidentally knocked out of place, Sadness and Joy are sucked out of Headquarters and are stuck in Riley's long-term memory. Without her core memories to help guide her, the stress of moving across the country starts to change Riley. Joy is determined to get back to Headquarters and help make Riley happy again. Along the way, Joy learns that sometimes Riley has to be sad before she can be happy again. Joy and Sadness learn to work together to return Riley's core memories and help her come to terms with moving.

Inside Out is a masterpiece. It tells a very complex story in a way that every audience member, from toddlers to grandparents, will be able to understand. Every scene is filled with a depth that is rarely seen in animated movies. It shows the importance of talking to people, especially family, about how you feel. While most of the time is spent with Riley's emotions, the audience also gets glimpses of other people's emotions and how they react differently. The movie's greatest triumph is how it explains the importance of each emotion, but particularly sadness. Joy thinks she can fix everything without making Riley sad, but she learns that Sadness is really the one who can help Riley. It's a beautiful reminder that sadness can be just as healing as joy. Inside Out is a must see for children of all ages.