

## Motivation & Emotion Connected to Disney's Inside Out

1. Give an example of how Riley uses each theory of motivation (be sure to include key vocabulary terms):
  - Drive-reduction theory
  - Optimum arousal theory
  - Maslow's Hierarchy of Needs
  - Intrinsic and extrinsic motivations
2. Explain the physiological factors that produce hunger for Riley.
3. Explain how Riley and her mother eating broccoli pizza in San Francisco can relate to cultural and situational factors influencing hunger?
4. Provide evidence from the film that point to our human affiliation – our need to belong?
5. Explain Riley's Dad either as a Theory X or a Theory Y.
6. Explain how Riley's Dad demonstrates flow and achievement motivation.
7. Use the three classic theories of emotion to identify the three components of emotions including physiology arousal, expressive behavior, and conscious experience. Be sure to include key vocabulary terms and relate each theory of emotion to an example from the film.
  - James-Lange theory
  - Cannon-Bard theory
  - Schachter's Two-Factor theory

8. Describe the role of the autonomic nervous system during a scene of emotional arousal for Joy. Be sure to describe the major physiological changes that each of the following undergoes:

- Heart
- Muscles
- Liver
- Breathing
- Digestion
- Pupils
- Blood
- Skin

9. Most likely, which two hormones are being released into the endocrine system to increase Joy's heart rate, blood pressure, and blood sugar?

10. When considering gender differences in perceiving and communicating emotions, why did Disney choose a girl to portray Riley rather than a boy?

11. Choose an example from the film to demonstrate the Yerkes-Dodson theory.

12. If Riley were given a polygraph or lie detector test what would it actually show?

13. How does Riley communicate nonverbally (be sure to reference the textbook pg. 510-517)?

14. Describe how Riley and both her Mom and Dad use facial expressions to influence their feelings.

15. Referencing the text and including key vocab terms (pg. 518-528), summarize how each emotion in the film is experienced and explain what influences each emotion.

- Happiness (Joy)
- Anger
- Fear

16. What the differences between distress and eustress? Give an example of how Sadness uses each type of stress .

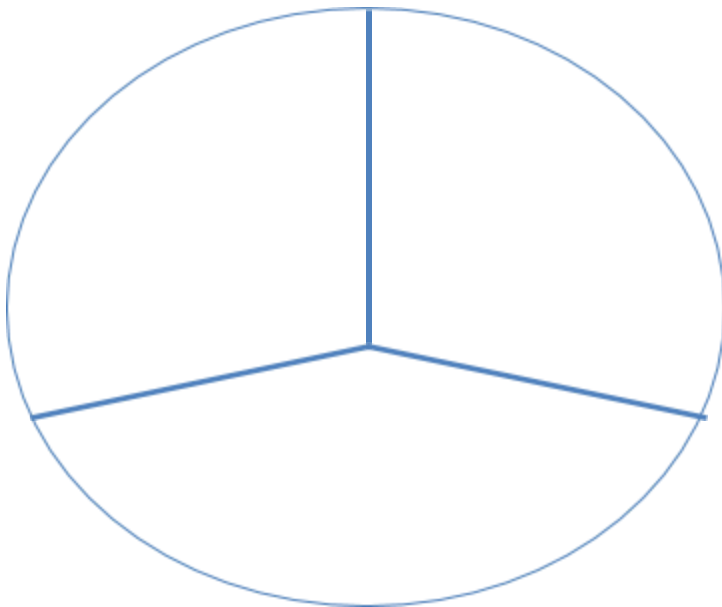
17. Define conflict situations.

18. Complete the chart by providing an explanation and an example from one of the emotions in the film.

Approach-Approach	Avoidance-Avoidance	Approach-Avoidance	Double Approach-Avoidance

19. Explain why the life change of moving states is a source of stress for Riley.

20. Describe the stages of General Adaptation Syndrome (GAS) and show how Fear exhibits GAS.



21. What is the fight-or-flight response? Why is it necessary for Riley to use this response?