

TALKING ABOUT EMOTIONS WITH PEOPLE WE TRUST

The performers you see in this video, JJ and Amy, have performed together for over five years, so they know and trust each other well. Here, Amy talks about how it feels to make a video and JJ practices listening to what Amy has to say. They then make a dance to help them remember key actions of the listening process.

Special Note to Parents and Caregivers: Conversational give-and-take involves a range of skills: drawing inferences from others' body language, active listening, choosing words that describe complicated feelings, awaiting our turn to speak, displaying curiosity about others' points of view and more. When we pair movements that practice these discrete skills with actual conversation, we are using our bodies to help us advance our ability to talk about our feelings. Many neurodiverse and neurotypical people find it challenging to identify and name their feelings; this video can help.

PREPARATION

All of Our Feelings are Important // Student Handout

The student handout asks students to identify a series of gestures and postures. Some are tricky! Try to figure them out together.

What Does Gorgeous Mean?

In this video, Amy will talk about feeling gorgeous. "Does everyone know what that means?" "What are some other words that mean the same thing?" Make a list of synonyms.

FOLLOW UP

Empathize

In the video, JJ asks us if we have ever felt gorgeous. Using some of the synonyms from above, ask students to talk about when they feel beautiful, fancy, gorgeous, fabulous, amazing, etc.

Review Movements from the Listening Dance

- Look at your body, checking for feelings in your skin, muscles, and bones.
- Reach arms out wide and gather them close, remembering that lots of people feel the way we do – angry, joyful, frustrated, sad, nervous – right this minute. Emotions aren't "bad" or "good." They just are.

- Place hands on our bellies to confirm what we're feeling. Try to detect where in the body the emotion lies.
- Place hands on our foreheads as we start to think about word to describe our feelings. Anger might feel "tight" or "scrunched," while sadness might feel "slow" or "low." Frustration might make us feel "sweaty" or "hot," while joy might make us feel "wiggly," "free" or "open."
- Reach forward and grab the hands of an imaginary (or real) friend, asking them to give you their attention and listen.