

Ennui explained: How *Inside Out 2*'s new emotion affects kids

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ANCHOR LEDE

Four of the new emotions in the upcoming movie *Inside Out 2* are sure to ring a bell.

But what is ennui? (awn-WEE)

Tim Ditman of OSF HealthCare explains what it is...and how it can help you parent your kids.

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Doctor Kyle Boerke (BERR-kee) is a child psychologist at OSF. He says ennui is an angst type of boredom that is first seen in the pre-teen or teen years.

\*\*\*SOT\*\*\*

Dr. Kyle Boerke (BERR-kee)  
clinical child psychologist at OSF HealthCare

**"The biggest thing we can do with children from a young age is understanding and naming emotions. If I can get a two, three or four-year-old naming emotions, I have succeeded. And the first *Inside Out* movie did a fantastic job with that." (:19)**

I'm Tim Ditman.

### ANCHOR TAG

Doctor Boerke says parents can use the *Inside Out* movies as a teaching tool. For example, kids should know that there are no "bad" emotions, only bad ways to *express* emotions.