

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

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

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

**"As we learn to regulate our emotions better, you're going to see less of that emotion overtly. It will still be there, but we're learning to express it better." (:11)**

\*\*\*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)**

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

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

**"If something sad happens, it's okay to be sad. If something frustrating happens, it's okay to feel anger." (:12)**

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

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

**"While there are no bad emotions, I can express an emotion in a bad way. I can express happiness in a bad way by overindulging in something. Or sometimes happiness comes out as anger. I'm so excited and happy that I go and tackle my friend to the ground." (:21)**

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

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

**"Often, I don't even say things that are different than what parents say. But I'm not mom or dad. I'm not the caregiver. It's what we call behavioral activation. Let's come up with things to do to help you become less bored." (:20)**

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

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

**"An emotion, if left to its own devices, is going to come up. You're going to express it, hopefully appropriately. And it's going to go back down again. However, if we bottle that emotion up, it's going to fester and rise until it can't be controlled. Then it comes out in an inappropriate way." (:23)**