

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

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)

TAKE VO

Doctor Kyle Boerke (BERR-kee) is a child psychologist at OSF HealthCare. 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)

VO 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.