

# Video Discussion Tip Sheet

## Shake Out the Yuck



- 1) Imagine heavy thoughts or feelings as yucks.
- 2) Pretend those yucks are stuck all over your body.
- 3) Move your body all around to shake out those yucks.



### Watch together! Then talk about:

### Practice together! Then talk about:

### Additional Tips

- ✓ How was CJ feeling before going on stage?
- ✓ Can you think of a time when you felt nervous like CJ?
- ✓ Did you notice anything Mena did that was helpful for CJ in that moment?
- ✓ How did CJ feel after Shake Out the Yuck?

- ✓ How did your body feel while you were practicing Shake Out the Yuck?
- ✓ How do you feel after practicing Shake Out the Yuck?
- ✓ In what situations do you think you could use Shake Out the Yuck?
- ✓ What yucky or stormy feelings do you think Shake Out the Yuck could help with?

- ✓ Make sure you have plenty of space to practice the strategy — we don't want anyone to get hurt!
- ✓ If a kid isn't sure where or when they could use Shake Out the Yuck, suggest a recent time that they were working on moving on from being upset.



[feelyourbestself.org](http://feelyourbestself.org)



**UConn**