

# Teenagers, bodies, and emotions

Let's talk about *being* a body and *having* a body



Many children and young adults are constantly being objectified: they are measured and judged by the school system, they are under observation on social media, and scrutinized by friends. Being too self-conscious and constantly aware of the gaze of the other can be stressful.

Do your pupils know that they have a choice?

In my talks to younger audiences, I help them realize the enormous potential of bodily and affective activities. Getting into “flow” or “the zone” - through playing an instrument, making theatre, dancing, painting, being in nature, or doing sports - gives us subjective experiences of being alive and absorbed in something larger than ourselves. In this state of consciousness, we are immediately present and enjoy each other's company in a direct and natural way.

I give talks in Danish, Norwegian, and English.

Reference: The Danish National Church, Konfirmandcenteret.

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