



Emotional Narratives & Media Influence

Energizer – The Hummingbird Pause

1) Positive Emotional Entry Point

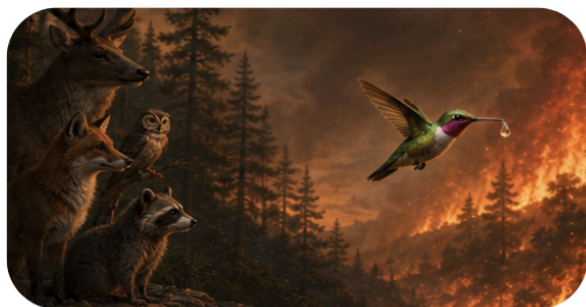
Action: What social media topics make people feel happy, hopeful, or excited about their day? Answer with emojis.



2) Awareness – Small Reactions Matter

The Hummingbird Pause

“What can I do to help?”

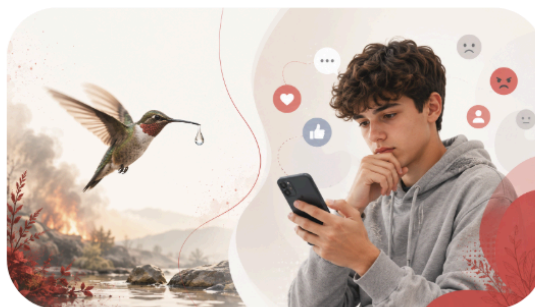


A forest is burning. The animals feel overwhelmed. A tiny hummingbird carries one drop of water toward the fire. Instead of freezing, the hummingbird asks itself:

“What can I do to help?”

Digital Actions

What does my reaction feed?



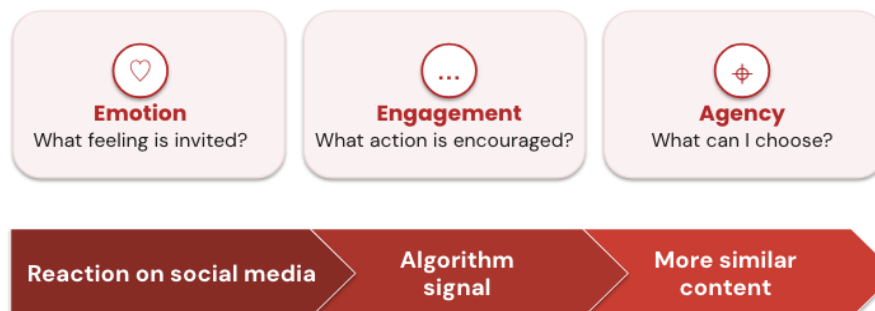
Online, small reactions matter too. Before we like, share, comment, or spread something, we can pause and ask:

“What does my reaction feed?”

How Algorithms Recognize Emotions

Algorithms recognize content with **specific emotional tone** based on user preferences

Over time, YouTube (or other channels) **recommends more of that emotionally charged content** ([Source](#)).



3) Connecting Emotions & Media

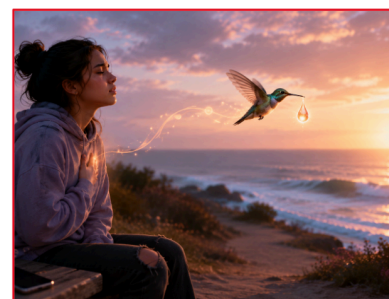
Action: How do social media algorithms impact young people's emotions?



4) The Hummingbird Pause

Guided Visualization

- | | | |
|----------|---|---------------------|
| 1 | Meet the moment – A young person is scrolling through social media during a normal day. | Ordinary World |
| 2 | The Post Appears – They see a post that creates a strong emotional reaction. | Call to Emotion |
| 3 | Name the Emotion – What emotion do they feel first? | Inner Signal |
| 4 | Empathize – Where does the emotion live – throat, chest, stomach, shoulders, face, or hands? | Empathy |
| 5 | Reaction – Do they want to comment, share, argue, laugh, join in, disappear, or show someone else? | The Reaction Point |
| 6 | Breathe – They pause. One small action matters – and online, one small reaction matters too. | Hummingbird Pause |
| 7 | Amplify with Care – The emotion dissolves into the ocean and calmness allows for a healthy response. | Return with Clarity |



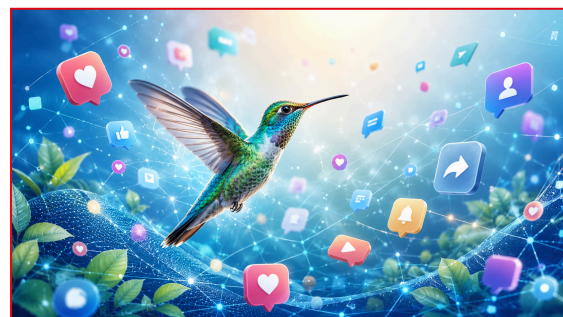
What helps a young person move from reaction to responsible action online?

5) The Hummingbird Lesson

Pause. Name. Choose.

1. **Pause:** Take one breath before reacting.
2. **Name:** What emotion is this post creating?
3. **Choose:** What response adds care, truth, or light?

What helps a young person move from reaction to responsible action online?



"Between stimulus and response there is a space. In that space is our power to choose our response." — **Viktor Frankl** ([Source](#))