

# Putting Emotions and Wellbeing into our own Words

A workshop in conjunction with the PULiIMA Indigenous Languages and Technology Conference  
Darwin Convention Centre, Darwin, Australia, 19-22 August 2019

## Why?

Indigenous identity and **wellbeing** are rooted in language and place. As is well documented, colonisation has systematically cut away these roots, removing people from their place and preventing them from speaking their languages. We see the consequences in high levels of morbidity, incarceration, depression, and suicide. In recent years, several Indigenous groups have started to address these problems by building "emotional literacy".

## What?

**Emotional literacy** is our ability to read, process and communicate emotions. Being emotionally literate makes us more resilient: it helps us to be more caring with others and contributes to the wellbeing of whole communities. Different languages can express emotions using very different words and expressions, conveying culturally specific meanings and metaphors. For example, in Dalabon (Arnhem Land), *kah-kangu-yowyow* "he/she-belly-flows", means she is happy and kind. Differences between languages can make it challenging to **characterize and discuss emotional experience**. This is why some Indigenous communities have begun to create materials for teaching emotional concepts and vocabulary, to support better emotional literacy.

## How?

Participants will hear about and discuss what language workers have been doing around the country. They will learn about new **techniques and technologies for working with emotional expressions**, for instance illustrating words using detailed scenarios, discussing these scenarios with elders, finding examples in Indigenous films or fictional works, articulating the cultural background in which the words make sense.

## When?

The workshop will take place during the **PULiIMA Conference in Darwin, 19-22 August 2019**, with three sessions: **Presentations; Methods; Discussion and Action**.

## Getting involved

The workshop is being organised by linguists and language workers from Indigenous communities across Australia, with an initial core group including Noongar Boodjar Language Centre (Charmaine Councillor), NPY Women's Council, and Nawarddeken Academy (Dean Yibarbuk). For more information, please contact

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**Register** for the workshop @ <https://www.puliima.com/register>