



Thread of feelings

Emotional beats for grown-ups and kids

“We are what we are because of music. Human beings live along with music every single moment. Music drives us in different emotional moods. It is an art that makes us enjoy pleasant moments. It makes us remember situations from the past and share our feelings. Music seems to offer a new pattern of communication based on emotions.”

Facundo Manes, Neurologist and Neuroscientist



Emotions and feelings can be regarded as guides for daily life. They usually behave as clues, just like Ariadne's Thread did, guiding Theseus all through the Labyrinth of the Minotaur.



“Children need to know what kind of feelings exist; they need to know that everyone has feelings that can be expressed, shared and commented. They also need to learn that they can choose how to express their feelings.”

Violet Oaklander, children Psychotherapist



During the show we will follow VAGAVATÚ, the explorer of emotions and feelings, in his way along the THREAD OF THE FEELINGS. We will meet characters such as Mister Upsetting, Dear Prudence, Lucius or Mike Crocodile, who shall show us how to understand the message hiding behind fear, sadness, joy, anger and love. They all will come to life in the songs performed by VAGAVATÚ. These songs that have been composed to help grown-ups and kids explore and understand their emotions and feelings: what are they up to, what to do to prevent knots and how to manage them to help them become actual guides for life.

THREAD OF FEELINGS can be easily adapted to different levels of English comprehension by mixing Spanish/English both in the lyrics and the script and also by simplifying the script itself.

During the show, children will...

- familiarize with the main emotions and feelings human beings have.
- discover some useful tools to recognize, understand and express emotions and feelings.
- share a ludic space that helps them eventually comprehend the message that lies beneath every emotion.



TUNE UP YOUR EMOTIONS AND FEELINGS!

Cheerful joy, messenger sadness, daily frustration,
the calm we breathe, the anger that gives us strength...

...and love, worth caring love

VAGAVATÚ is Pedro Valentín-Gamazo Valle, singer, composer and storyteller. Besides this project, he works as a therapist in UmayQuipa (Madrid) and as a teacher in Las Naves Salesianos (Alcalá de Henares).

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- Songs available in iTunes, Google Play, Spotify and also in VAGAVATÚ'S YouTube channel.
- Follow this link to watch a short trailer of the show:

<https://youtu.be/b MLddTGAnY>

