

### Emotional Freedom Technique

1. **Tell the kids this:** *“Did you know that you have buttons on your body which you can push that will help the bad feelings go away?”*
2. Show them the 9 tapping spots and practice doing all 9 three times. Remember to tap each place at least 7 times.

#### **What you can say when you tap:**

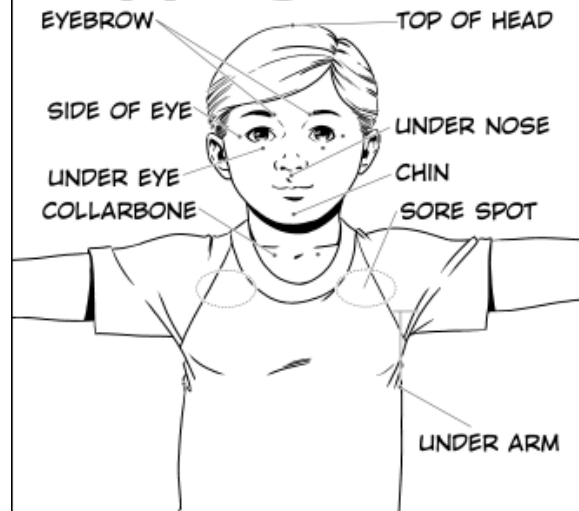
3. **"Even though I am (upset, angry, sad) because 'this happened' (a person doesn't want to be my friend, someone called me a name, my parent got mad at me, etc)**
  - a. **“Even though my teacher got mad at me and that made me mad, I'm still a good kid”**
  - b. **OR..even though my teacher got mad at me and that made me sad, I'm still a good kid**
  - c. **Even though my friend left me out and that made me sad, I know that I am special and I love myself.**

**\*Say the thing that is bother you.**

**\*Tell how you felt about it**

**\*Say something positive**

## ***Tapping Points***



When you are tapping, talk positively to yourself:

I can do this 😊

I am smart

When things are hard, it means that my brain is growing bigger and better

**Tapping can be used any time you are upset, mad, scared, frustrated, etc. The tapping helps you to feel better.**

**Also, when they are upset, they can just tap and not say anything.**