



## Magic Tapping for Children

Tapping is an alternative acupressure therapy treatment used to restore balance and harmony.

### **The Set Up**

#### **The wonky thing...**

Wonky feelings and thoughts come about because we are 'tuned' into certain thoughts, issues or circumstances.

We start with identifying how we are feeling i.e. the wonky thought or feeling and this tells our system what we are working on.

#### **We can ask ourselves**

- How am I feeling?
- Where are the feelings in my body?
- How can I describe those feelings?

#### **We score it**

- Think about the issue and how it feels, and rate it from 0-10 where 0 is no issue and 10 is as high as it can be.

#### **Then we phrase it**

- For example: 'even though I have this pain', 'even though I feel angry', 'even though I am scared', 'even though I'm feeling anxious in my tummy', 'even though my chest feels tight', or it could be 'even though I have this pain in my head', 'even though I have too much on'

#### **And then we add a positive affirmation**

- 'I know I am ok'
- 'I am doing my best'
- 'I am good enough'
- 'I like myself'
- 'I love myself for who I am'
- 'I am learning to let go of things I cannot control'
- 'I am learning to love and accept myself'
- 'I am learning to prioritise what's important to me'...

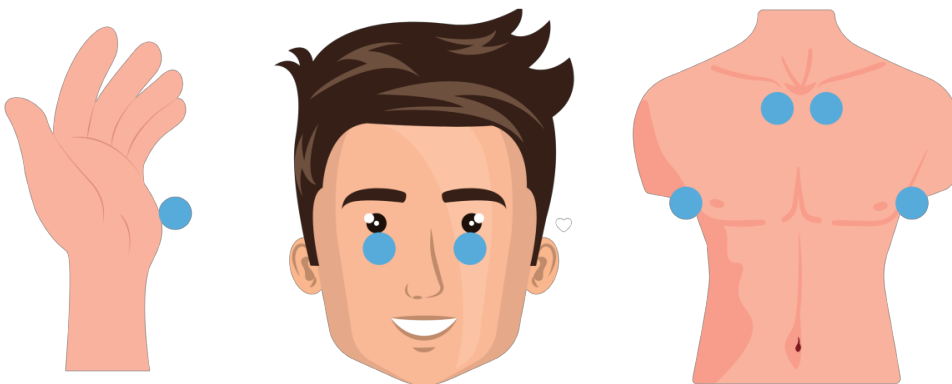
#### **And we add them together..**

'Even though I feel nervous in my tummy, I know that I am ok'

## Then we tap whilst thinking/saying these statements

The short tapping instructions for anxiety, stress & worry are:

1. Tap the side of one hand where you would do a karate chop 10-15 times whilst thinking about the issue.
2. Tap under your eyes, on the bone in line with your pupils 5-7 times.
3. Tap under your arm (level with your bra strap for a lady or nipple for a man) 5- 7 times.
4. Tap just under your collar bone 5-7 times.
5. Tap the back of your hand between your little finger and ring finger just up from your knuckle continuously and:
6. Close your eyes and open your eyes.
7. Keep your head still and look down to the left and then to the right
8. Keep your head still and take your eyes in a big circle clock wise and then again anti-clockwise.
9. Hum a few notes of a tune, count from 1-5, hum a few notes of a tune.
10. Repeat steps 2-6 above and reassess the rating.



## Adaptions

- You can just tap on the feeling and not worry about putting the two statements together
- To engage as much neurology as possible it is preferable to speak the affirmation out loud, and with emphasis and feeling, but if you are self conscious or in a public space just say it inside your head!.
- You can have your eyes open or closed depending on where you are 😊
- If at school or with others, just do steps 1-5
- You can even just tap in your favourite single place, it will still work!