

Tapping Handout for Teachers

How to help your Student Tap:

1. Identify the problem

If you notice something is bothering your student, ask them: “What is bothering you and making you feel bad?” (If they can identify a specific feeling, that’s best but not necessary).

2. Rate the discomfort

Ask them: “How much is this bothering you?”

- They can measure by using numbers 1 – 10; 1 meaning it doesn’t bother them very much, 10 means it bothers them a lot.
- Students can also use their arms to measure; hands being close together means it isn’t bothering them at all. Arms wide open means it’s bothering them a lot.

3. Create a statement that describes the problem and is followed by a positive affirmation:

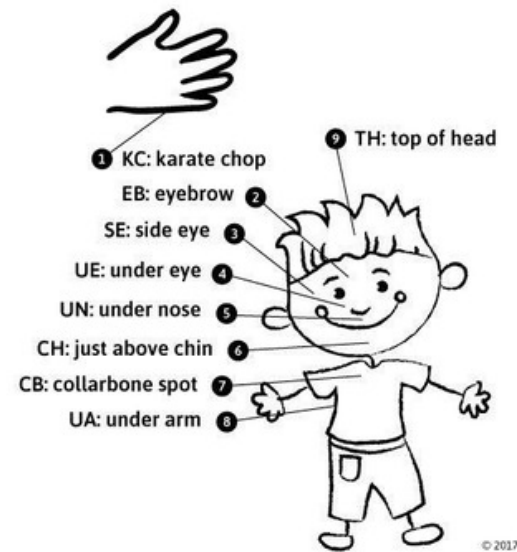
- “Even though (whatever is bothering me), I am a good kid”.

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4. Tap on your Tapping Points as the Student Taps on their Tapping Points (about 6 times each point), while both of you say the following phrase:

(This is called the “BASIC RECIPE”)

- Karate Chop: Say “Even though (whatever is bothering me), I’m a good kid anyway”
- Top of head: “Even though (whatever is bothering me)”
- Eyebrow: “I’m still a really good kid”
- Side of eye: “Even though (whatever is bothering me)”
- Under the eye: “I’m an amazing kid”
- Under nose: “Even though (whatever is bothering me)”
- Chin: “I’m still a great kid”
- Collarbone: “I’m amazing”
- Under arm: “Letting all this (whatever is bothering me) go now”



5. Both of you take a big deep breath and blow it all out.

6. Reassess the discomfort:

Ask them again, “How much is it bothering you now?”

7. If it isn't completely gone:

(whatever was bothering them) continue Tapping with the “Basic Recipe”, BUT this time say: “Even though (whatever was bothering me) is still bothering me... I’m still a great kid, etc.”

Take a big deep breath and blow it all out.

Measure again.

Repeat until whatever was bothering them isn't bothering them anymore.

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To Tap with your whole class, decide what words you'd like to use and then use the "Basic Recipe", either with acknowledging negativity or just using positive affirmations.

You can use whatever phrase feels right at the time. You can reduce negativity such as:

- "Even though I don't feel like being in class right now, I am a good kid anyway".
- "Even though I'm worried about that test, I know I'm a smart kid"

Or you can simply say positive statements as you and your class Tap on the Tapping Points, such as; "I'm a good kid. I love to learn, I'm a smart kid, I feel good about myself, I'm an awesome kid, I'm creative, I'm kind, etc."

HAPPY TAPPING!

Resources:

Websites:

- Tapwithin.com
- EFTUniverse.com
- EMOfree.com—Gary Craig
- TheTappingSolution.com - Nick Ortner
- [Tapping for Veterans: PTSD treatment using EFT - www.stressproject.org](http://www.stressproject.org)
- TapWithBrad.com - Brad Yates

See more resources on next page...

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Resources continued...

Movies:

- The Tapping Solution by Nick Ortner
- Tapping Play – Debbie Teichmann

Books:

- The Tapping Solution - Nick Ortner
- Biology of Belief - Bruce Lipton
- The Genie in your Genes - Dawson Church

Books for young people:

- Gorilla Thumps and Bear Hugs – Alex Ortner
- The Wizard’s Wish – Brad Yates
- Big Ted's Guide to Tapping – Alex Ken & Jen Smith
- Tap into Joy – Susan Jeffrey Busen
- Enchanted Fairy Taps: A Child's Introduction to Emotional Freedom Techniques – Adel Rawlinson

Books for teens:

- Tapping for Teens – Jill Greenbaum
- EFT for Teens – Peta Stapleton
- Tapping for Parents, Children and Teenagers – Nick Ortner

Guided Meditation App:

- Download “The Tapping Solution” App from the App Store