

TAPPING WITH CHILDREN

A Guide to Teaching
Emotional Freedom Techniques (EFT)
to the Children in Your Life



Patsy Anthony

ABOUT THE AUTHOR

Patsy Anthony combines her love for children, teaching and Tapping in a desire to help children overcome challenges and recognize their limitless potential. For many years she has had the privilege of sharing the gift of Emotional Freedom Techniques with the children she teaches so that they may learn to safely and proactively manage their troubles while affirming how wonderful and lovable they truly are.

Patsy is a Certified 1 Emotional Freedom Techniques Practitioner with Advanced Training, an Educator of over thirty years, and a mother of two wonderful children.

Emotional Freedom Techniques has completely changed her life. With EFT, she has overcome the chronic, debilitating symptoms of a twenty-five year struggle with Crohn's Disease, healed acute pain due to an absence of cartilage in her knee, and relinquished intense flying and public speaking phobias.

Inspired by the way EFT empowered her to reclaim her physical and emotional health, she now teaches children about the magic in their fingertips and how the simple tool of Tapping can enable them to honour and release their troubling emotions and work through life's challenges. Tapping helps relieve children of feelings of worry, anger, exclusion, shame, loneliness, embarrassment, fear, frustration, guilt, self-doubt, homesickness, stage fright, test anxiety, sadness and a host of other troubling emotions.

Tapping is a powerful, effective means to foster resilience, develop self-regulation techniques, strengthen problem solving skills, and enhance social and emotional wellness in our children.

With the hope of inspiring everyone who loves children, Patsy has presented at the Canadian EFT Gathering in Vancouver, hosted workshops, and conferred with teachers around the world. She has developed a unique approach to teaching Emotional Freedom Techniques to children, yet it is deeply grounded in the core EFT principles taught by Gary Craig, founder of EFT, and EFT Master, Andy Bryce.

Disclaimer

By applying EFT you are agreeing to take full responsibility for your own well-being and that of others, particularly children. It is advised that when sharing EFT with others you refer cases that are beyond your level of experience to a professional. EFT is **not** a substitute for appropriate medical care or mental health treatment.

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EMOTIONAL FREEDOM TECHNIQUES

"EFT is destined to be a top healing tool in the 21st Century."
- Cheryl Richardson

Emotional Freedom Techniques is often referred to as EFT or Tapping. By tapping gently on the body's energy or meridian points, while having a gentle conversation about specific troubling issues, EFT has been shown to calm the amygdala, reduce cortisol levels in the body, relieve anxiety, stress and other troubling emotions, and aid in the healing of pain, illness and trauma. Thousands of people throughout the world have tried it on a vast array of problems with amazing results.

Children, too, experience amazing results when they tap. Tapping provides children with a simple tool to relieve troubling emotions, manage behavior, practise mindfulness, problem solve with empathy, and overcome self-doubts and limiting beliefs.

Emotional Freedom Techniques was developed by Gary Craig* with the foundational belief that all negative emotion is caused by a disruption in the body's energy system. EFT is based on the ancient principals of acupuncture and modern talk therapy. Simply put, tapping on meridian points while tuning into specific problems which trigger negative thoughts and emotions allows us to release blocked energy in our bodies so that we can attain optimum physical and emotional health.

The 'Basic Recipe' of EFT involves acknowledging your problem while tapping gently with two or three fingers on your karate chop point and repeating, "Even though I have (this problem) I deeply and completely love and accept myself." You continue by tapping on a series of meridian points on your body while tuning into your feelings and expressing what is troubling you until you feel relief.

EFT can be successfully practiced alone, with a partner, or with an Emotional Freedom Techniques Practitioner. If you suffer from trauma or serious health issues, I recommend you begin learning EFT with the help of an experienced professional.

To better understand how EFT works and how it can improve your emotional and physical health, read any of the following excellent books: "Gary Craig's EFT Manual", "Step by Step Tapping" by Sue Beer and Emma Roberts (UK), "Enjoy Emotional Freedom" by Steve Wells and David Lake (Australia) or "The Tapping Solution" by Nick Ortner.

*Official EFT: www.emofree.com

EMOTIONAL FREEDOM TECHNIQUES IN THE CLASSROOM

“Educating the mind without educating the heart is no education at all.”
- Aristotle

As an educator, I have been experiencing the joys of teaching for over thirty years. Helping children succeed is my passion, and EFT is a powerful way to help bring out the best in children.

I became inspired by EFT several years ago when I began tapping for serious, debilitating health challenges. Within a few months of experiencing remarkable personal results with EFT, I decided to share this gift with the children in my class.

On a whim one day, before giving my grade three and four students a weekly math speed test, in which they were expected to calculate up to 100 multiplication equations in ten minutes, I asked if any of them felt nervous about these tests. To my complete surprise, almost all of my students raised their hands. In that teachable moment, I confided that I had been learning a new technique to help me with my own stresses and worries that I wanted to share with them.

I drew a large picture of a peaceful river surrounded by forest, and suggested that the river was a metaphor for our minds*. When our minds are peaceful like that river, our bodies are relaxed, we're in the flow, and we are able to do our very best. But what happens when a tree, which I drew, representing stress falls across the river? It disturbs the flow of water, and the river becomes blocked. This is exactly what happens to our minds once stress sets in.

Tapping, I explained to my class, is like removing that tree from the river. It relieves our worries and helps us to feel peaceful, relaxed and in the flow so that we can achieve our very best.

After discussing how they were feeling about the upcoming test and why they were feeling that way, I showed my students how to tap on their karate chop point. Then I gave them a few set up statements relating to their emotions, physical feelings and thoughts:

“Even though I have to write this speed test, and I feel anxious and nervous and worried and stressed... I'm **still** an awesome kid...”

*Adapted from Andy Bryce's Stream Metaphor on Emotional Flow

“Even though I’m nervous and have butterflies in my stomach and my throat feels tight, and my heart is pounding and I want to run but my feet won’t take me anywhere, **I’m still an awesome kid...**”

“Even though I have to write this speed test, and I only have ten minutes, and it’s really hard to be perfect and speedy at the same time, I’m still an awesome kid...”

“Maybe I don’t have to be perfect...all I can do is try my best ...and even if I don’t get a perfect score, I’m **still** an awesome kid.”

Teaching EFT to children felt a little awkward at first, but the results were amazing! Every single child’s score increased from the previous week, several scores by a large percentage. However, the best part of all was when one of my students stood up in delight and cried, “I got 100%!” This student was very bright but experienced processing challenges. His answers took a long time to flow from his mind through his pencil, and he had never performed well on tests. With EFT, his test results improved from the previous week by 20%. He had achieved his first ever perfect score!

That was a turning point, and ever since then I have been curious and creative with EFT in my class. I have seen Emotional Freedom Techniques help children with test anxiety, pain, injuries, anger, guilt, sadness, fear, forgiveness, playground problems, separation anxiety, sports performance, stage fright, writer’s block, ADD and even lice. The list is really as endless as our imaginations.