

An Explanation of Emotional Freedom Therapy for Kids

Developed by Gary Craig & Adapted by Jan Yordy, M.Ed., MSW, RPT ©

1) Think of a problem that you would like to shrink smaller. How does that make you feel?

2) Using your hands spread from a little to a lot, show how big the problem is. You can also pick a number from 0 to 10 to indicate the problem size.

3) Do the **Karate Chop** by tapping one hand against the other in a chopping motion. While tapping it may help to say a **set up phrase** such as, "Even though I have this problem, I'm still OK!" Say it out loud 3 times as you continue to tap to help you feel better. Take a deep breath & release each time you say the phrase.

4) Now tap at the special spots with your magic fingers to tap away your yucky feelings. If you want, while you are tapping each point you can say a **reminder phrase** such as, "I let go of my sadness" or any other words that fit. It helps to take a big breath before moving on to the next tapping point!

In case you forget, the **special spots** are:

- 1) Eyebrow point above nose
- 2) Outside of eye
- 3) Under eye
- 4) Under nose
- 5) Middle of chin
- 6) Special points under collarbone (also known as Brain Buttons or K-27)
- 7) Under arm points (about 4" down)
- 8) On ribs near bottom

5) When finished with tapping, check to see how big the problem or feeling is now. Can you show by moving your hands or with a number how you feel now?

6) Tap the **Karate Chop** spot again if there is still some yucky feelings left. Say, "Even though I still have some of this _____ (problem or yucky feeling), I like myself and I'm still a terrific kid!" Remember to say it 3 times out loud and to take a deep breath after each repetition.

7) Continue with other rounds of tapping with your magic fingers until you feel better. Remember, you can repeat a **reminder phrase** as you are tapping to keep you focused on the problem. It helps to take a deep breath each time after you say the reminder phrase before you move on to the next tapping point.

8) Keep tapping until you get to 0! Are there other parts of the problem or other feelings that came up because you were tapping? Tap on them too!

9) Make this tapping a part of your day, in the morning, at play or before bed.