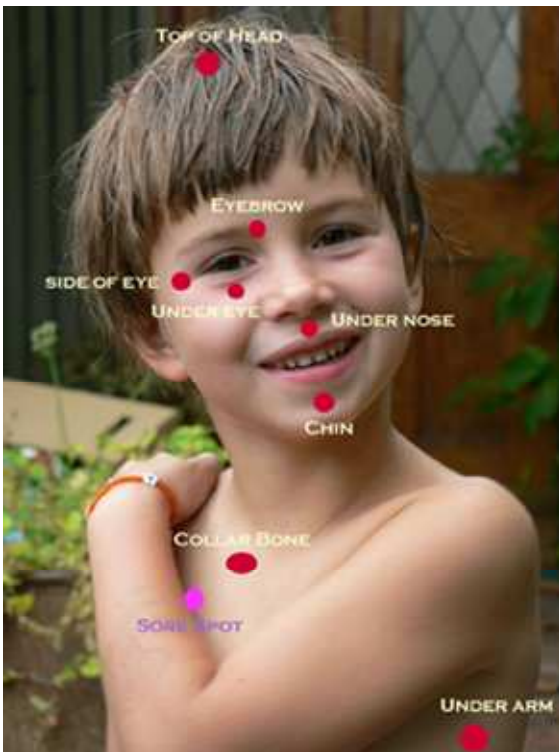


## THE BASIC (Short Form) RECIPE

1. **Tune in: Breathe in and Breathe out, are you feeling angry, hurt, sad, scared, worried...** Then do **The Setup**...Repeat the sentence you tuned into 3 times for e.g., "Even though I am \_\_\_\_\_ I am a really good kid." while continuously tapping the Karate Chop point.



2. **The Sequence**...Tap about 7 times on each of the following



energy points while repeating the **Reminder Phrase** at each point.

- Top of head
- Eyebrow
- Side of eye
- Under eye
- Under nose
- Chin
- Collar bone
- Under Arm
- Thumb
- Index Finger
- Middle Finger
- Baby Finger
- Karate Chop point

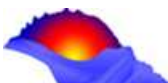
3. **Tune in again to what was bothering you and notice how you feel now and tap**

**again until you feel really good.** Remember that in the next round, The Setup and the Reminder is changed according to what's left...

**If you get stuck**... try one of the following to help.

- Try a different set-up phrase.
- Make sure you are being as clear as possible.
- Drink a glass of water, this helps move things. Moving around is good too.
- Say the set-up and reminder phrases with lots of feeling, for example, "this really, really bad feeling".
- Try the 9 Gamut procedure between rounds and Ask your parents to help you with this.

*Many Kids Feel Amazing after EFT*



# Happy Tapping! The rhyme

Happy Tapping is lots of fun

You can do it on your own - or with anyone!

Tap tap tap on the top of your head,

Tap tap tap do just what I said!

Tap on your eyebrow just near your nose.

Then the side of your eye where the hard bone grows.

Now on the bone - under your eye,

Don't poke your eye or you'll make yourself cry!



Now under your nose - but over your lips

Tap tap tap - with your finger tips!

Now under your bottom lip - but over your chin,

Just on the bit where your chin goes in.



Now under your collarbone - but over your chest,

Under the bump of the bone is best!

The last on the list is under you arm,

To make sure you get it right - slap with your palm!

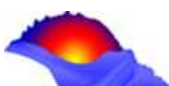
If you still don't feel good - don't go to bed,

Start tapping again on the top of your head!



*By Don White, Australian Cab Driver*

*First Published on [www.emofree.com](http://www.emofree.com)*





# Finger Tapping Fun!

Written By Angie Mucillo

*Rap-a-tap tapping  
With my fingers,*

*Rap-a-tap tapping*

*On my face,*

*Rap-a-tap tapping*

*Is energizing!*

*And helps me find*



*My happy place!*

*Rap-a-tap tapping*

*With my fingers,*

*Rap-a-tap tapping*

*On my face,*

*Rap-a-tap tapping*

*Calms me down*

*And helps me find*

*My peaceful space!*

