

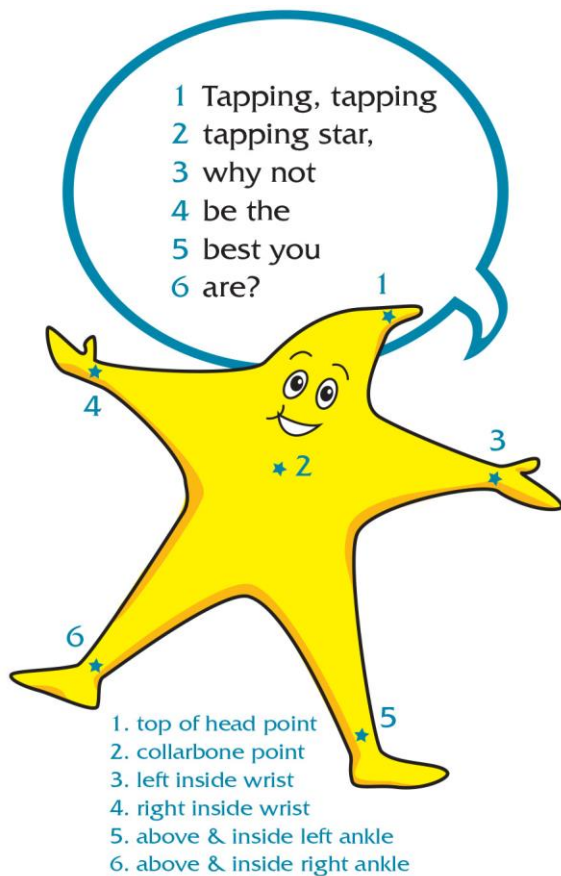
The TappingStar Twinkle

1. Ask, “How upset are you?”



Using your hands, show “how big” the problem feels. For example, ask, “How upset are you?”

2. Create/recite a TappingStar “Twinkle.”



3. Ask again, “Now how upset are you?”



4. Repeat with different words until you feel OK.

Teacher Instructions:

1. Have your student rate the feeling for a specific emotion. You can ask how big the feeling or problem is and have the child show you by using both hands.
2. Tap 7-8 times on each point (★) as you recite a TappingStar “Twinkle” (or make up your own):
 - ★ Top of the head (on the crown)
 - ★ Collar bone (place whole palm of hand over collar bone, just under where the tie knot would be if you had on a tie)
 - ★ Wrists (fingers of one hand tapping on the wrist of the other hand or you can tap both wrists together)
 - ★ Ankle (just above the inside of ankle – can either bend over or sit cross-legged to tap here)
 - ★ Rate the feeling again. Change the tapping statements and tap until the child feels OK.
3. Repeat the process for as many things as you can think of that are bothering you. Persistence is the key to completely neutralizing the problem feelings.

Note: When necessary, you can use the tapping sequence without speaking out loud, but use the words whenever possible for better results.

See www.tappingstar.com for additional information or for help in working on a particular issue. Other resources on EFT as well as tapping in schools can be found there.

Caution: These techniques are not to be used in place of consulting with health care professionals.

Special thanks to Mary E. Stafford, M.Ed., L.P.C., EFT Master, Diplomat - Comprehensive Energy Psychology, for developing the 4-point shortcut method.

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