

Teach Tapping and Hugs



Tapping and hugs can be a great way to help us feel better and to move energy through the body!

First try it on your own:

1. Take a few deep breaths.
2. Begin tapping the tops of your feet, your legs, hips, and belly. (Remember the backs of your legs and body, too.)
3. Continue tapping your whole body, all the way up to your head. (Remember your ears and very top of the head, as well.)
4. Come to stillness and bring your arms by your side.
5. Take a few deep breaths.
6. Give yourself a hug and gently rock back and forth.
7. Pause and bring your arms to your lap. Feel a few deep breaths.
8. Notice how you feel.

Write your own "tapping" script below. Read this to someone else, so that they may experience tapping, too!

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

Now draw a picture of someone "tapping" as they listen to your script!