

ICEBREAKER EFT MEDITATION [TEACHER RESOURCE]

LET'S DO SOME TAPPING!

When you are ready, take a nice breath in and let's do some tapping to try out this new stress management technique to see if it can help you feel ready to learn. Just do as I do, and repeat after me.

Karate Chop (*repeat 3 times*): Even though I really don't feel like trying this right now, I don't know why my teacher's making me tap on my hand, I'm willing to be a little brave, give it a try, and just see where it goes.

Top of Head: I feel weird doing this right now.

Eyebrow: I am tapping on my head and my face like a monkey

Side of Eye: How is hitting myself on the face supposed to help me with my stress?

Under Eye: The idea of being stressed out, and then trying to do something like this in front of my friends...

Under Nose: Well, I think that makes me feel more stressed out!

Under Mouth: I don't wanna do something weird in front of my friends.

Collarbone: But I also don't like feeling stressed out.

Under Arm: I don't know what I'm supposed to do with myself when I'm stressed.

Top of Head: School is hard sometimes

Eyebrow: I don't know how tapping on myself is gonna make me feel better.

Side of Eye: But feeling stressed is not making me feel good, either.

Under Eye: I don't know what I'm supposed to do with it.

Under Nose: Maybe this might help

Under Mouth: My teacher seems to think that it works.

Collarbone: For the most part, she/he does try to help me

Under Arm: But I feel really weird doing this

Top of Head: I mean I'm stressed, but I also feel weird and uncomfortable.

Eyebrow: Although maybe that's not really about the tapping

Side of Eye: I'm not alone here doing this.

Under Eye: Maybe I'm not the only one that's feeling stressed.

Under Nose: Actually, the tapping is kind of helping me realize that

Under Mouth: And I feel a little bit calmer

Collarbone: Maybe just saying it, that I don't know what to do with my stress.

Under Arm: And I feel a little bit calmer just saying it, that I don't know what to do with my stress.

Take a nice breath in, and notice how you feel. Do you feel better or worse?