



City of Illumination

at The Mythic Fairy



Adult Manual

Lesson 3

Guidelines on How to Teach EFT to Children

In this Lesson we are going to learn about EFT (Emotional Freedom Technique) which is also known as tapping.

I have included a manual for you to learn how to do EFT yourself as well as two charts. One is to show you where the tapping points are and the other is a chart you can use with your child before a session to gauge what the emotional charge of a situation is before they start tapping. We use this to show them how their emotion changes when we take the charge from it after doing tapping, and they can compare how they feel at the end of a session.

There are also two charts included in the children's manual which shows them where the points are situated. One is a picture of an alien and the other is a teddy. They can pick whichever one they want.

It is a good idea to go through the tapping points and become familiar with them before you show the child where they are. It is important to get the points as accurate as possible for the best results. I also enclose my You Tube video showing the tapping points which will be a useful guide for you.

Children can be a really enthusiastic audience and incredibly open to learning EFT. For them it is a new and strange looking tool using their magic fingers to help them shift from one state to another, usually from feeling what they may consider a bad feeling into a good one.

Always remember that the blocks are in the person's body who needs the EFT and nobody knows what it feels like for them, we can't feel somebody else's emotion. Of course, we may feel empathy for someone who is feeling sad, but we don't know the extent to which they are feeling the sadness.

This is why we allow them to show us on the chart how they are feeling, and we can check in after each round of tapping to see how far they have come.

When doing EFT we are tapping on a certain point on our body and we are saying an affirmation. This is where many people get hung up as to what they should say. What you say during a round of tapping is unique to everyone because you are tapping into how you feel. To start with I am going to give you what is known as a script or I have written down some sentences you can use as a guideline but as you get more used to doing tapping yourself and introduce it to your children allow them to say what it is they want to say in relation to their emotions.

Let's Do a Round of Tapping

Ok so before we begin a round of tapping on yourself, you can look and see where you are on the chart and see how you feel about a certain situation. You can use this around an emotion let's say that you want to change.

Whilst looking at the various tapping points on the chart included, I want you to tap on them whilst using the following affirmations.

I have included 9 affirmations below to get you started and you can begin at the first one again when you are finished the last one and continue on tapping on all the points until you have a full round finished.

- Even though I am feeling really nervous about teaching this to my child I am going to do it
- I know I can do it
- I have never had to teach anyone anything like this before
- I feel a little silly tapping away
- But I am going to give it a try
- I am giving my child a wonderful tool to help them
- It is all about my child
- And I will get more relaxed as I do it more often
- Here goes I can do this

This is to get you used to using EFT before you start to show your child.

Before introducing the tapping points to children, it can be a good idea to get rid of any anxiety or fear that the child may have around learning this new technique.

You can show them the collarbone tapping point, children love this one. They can use both hands one on each side of the collar bone, ask them to pretend they are Tarzan if they are a younger child if it helps, and tell them to say something like "I am a great boy/I am a great girl".

It is an ice breaker and at the same time you are showing them one of the tapping points.

Make sure you have your charts ready before you begin, you can ask the child which chart they would like to use, the alien or the teddy.

Have the other chart with you as well so that they can tell you how they feel at the beginning of the session and after each round. Children are so visual they

will only be too glad to use these charts and it's empowering for them to see their emotions changing.

You can then show your child point by point where the points are, you can do the tapping on yourself and they can copy you. Ensure that they are tapping the right location, or as close as they can, have them check with their charts to ensure places like under the eye is in fact under the eye and that they are not tapping half way down their face.

Also the position of the tapping points on the fingers, is at the end of the nail.

Tapping should be not so hard to hurt and not so gentle that you cannot feel it.

Proxy Tapping

You can tap on your child to start with if you like. If you are not the child's parent I would advise caution touching a children. You can always tap on a teddy or a doll to show them where the points are.

If you know they cannot verbalise their feelings yet because of their age you can tap and say something for them, while tapping on them, it's called proxy tapping. You may know they are fearful of you leaving the house or fearful of the dark when going to bed.

Now you are ready to go, the child will no doubt pick it up and after a few rounds both of you should be relaxed and making up whatever statements you want to say.

Remember I cannot state this often enough, it is best that the words come from the child themselves, it is their energy body so they know the words to describe what is going on there. You can give them pointers but as much as possible let the words be theirs.

The more crazier the sound of what they tell you the better. For example they may tell you their fear feels like a giant wolf standing on the moon .. that is a perfect statement to tap with.

“Even though my fear feels like a giant wolf standing on the moon I am a great kid”.

The moral here is that it gets easier when we stop worrying about saying the right words, because .. here's the thing ... there are no wrong words!

I am going to give you a worry tapping round as an example. I am giving you the words or affirmations to say or “script” as its often called.

Worry work out for kids

Here is a sample of a script your child can use if they are worried about something, you can tell them that they can change the words if they like.

Ask them to think about what it is they are worried about. Ask them to look at the chart and pick out which of the faces shows best how they are feeling in relation to this worry. This is all written out in the manual for your ease of reference.

Then as they tap on the karate point have them say these words or other similar words that are more appropriate to their worries (remembering we are all individuals and worry affects us all in different ways, a child will know how their worries are affecting them and even better WHERE their worries are affecting them). If in doubt you can follow this script -

Have them tap their karate chop point at the side of the hand and say

Even though I have all these worries inside of me I am still a great kid and everything is ok

Even though some of my worries are big and some are small I know I have magic at my fingertips I can get rid of all my worries.

Have them tap the top of their head and say;

Even though I have all these worries, so many I could fill a big box full of them,

Have them tap in the centre of the forehead at the third eye area (one of the chakra energy centres of the body) and say

All these worries

Have them tap the side of eye and say

I could fill a big box with all these worries

Have them tap under the eye area and say

I get anxious/worried/scared when I think of all the worry I have

Have them tap under the nose and say

I worry I wont be able to stop worrying

Have them tap in the middle of the chin and say

I don't want to worry about everything any more

Have them tap the collarbone area and say

I want to stop worrying about everything

Have them tap the side of the thumb and say

I know I can ask someone for help if I really need to

Have them tap the side of the index finger and say

Maybe if I can get rid of my worries one at a time

Have them tap the side of the middle finger and say

Then I wont feel so bad

Have them tap the side of the ring finger and say

I wont have to worry all the time

Have them tap the side of the little finger and say

I will feel better and have more energy for doing fun things

Have them tap the karate chop point again and say as loud as they want

I choose now to let all of my worries go,
I know I can get help with some of them
I don't need to carry worry with me everywhere I go
Yes I can be free from my worries
I am a great kid!

Now ask your child to check where they feel they are on the chart now, looking at the faces on the chart and picking one.

They can go on and do as many rounds as it takes to have them feeling really good that they can realise their worries and still be safe.

Of course what we are trying to do when teaching our children how to tap is to give them a tool with emotions like worry. It's not that we don't want them to feel worry, it is that they have a tool to lessen its impact on them and help them to not be stuck worrying about things all the time. We are empowering them to know that if we feel worried about something, we can change the way we feel about it.

Here are some more ideas of things the child might wish to say in the first or subsequent rounds.

So many worries in my head
Everything will be ok
Because I can deal with my worry
I don't need worry anymore, not for one single day.
Thank you worry for being with me but the time has come to say goodbye to you for good.
Even though I still feel a bit of worry I choose to let the worry go free.
Even though a part of me might want to hold onto this worry I am still a great kid and I set the rest of this worry free

I am still a bit worried
I still feel a bit worried
This left over worry, some parts of me want to still hang onto this worry
And maybe that is why I still feel a little bit worried
But that is ok I am still a great kid
I am a great kid and I set the rest of this worry free
I am happy calm and relaxed
I am peaceful, happy and calm.

**

Pick whatever part of the nature course you wish the child to do for this lesson, be it a season of the year or an animal/fish/insect.

**

For the reflection have the child draw whatever comes to them after learning EFT.

Maybe they will want to draw a picture with the tapping points on it, or perhaps the smiley faces on the chart. Whatever they want to draw is just fine.

EFT Emotional Freedom Technique

How to Locate the Tapping Points

EFT is about using your fingers to tap on various points on your body whilst saying affirmations.

There are two elements to think about:

- 1 Where to Tap
- 2 What to Say

1 Where to Tap

Below is a picture of the tapping points. I have also included a video to show you how to do a “round of tapping” as it is called.

The points are:

- Top of Your Head
- Centre of Your forehead
- At the end of each eyebrow, the side closest to your eye
- Side of your eye
- Under Your Eye
- Under Your Nose
- Middle of Your Chin
- Collarbone

The next points are on your hands. Place your palm face down and locate the points from here.

- The side of the nail on your thumb.
- The side of your nail on your index finger
- The side of your nail on your middle finger
- The side of your name on your ring finger
- The side of your name on your baby or pinkie finger
- The karate chop point is situated on the side of your hand opposite your thumb.

See link to You Tube video for points below.

Here are the EFT points





Photo courtesy of GoE (Guild of Energests)

Video Link to You Tube Video Showing the Points

<https://youtu.be/Yf8InNLyCcg>



Have the child show you how they feel before they begin using this chart. They can be in between any of these feelings either, let them decide. The smiley sun is where we want them to be, but sometimes happy enough is ok for now. We can always go back another time until we get to the happiest image.

Befriending our emotions and learning how to process them can take time and we don't want children to feel like they have to pick the happiest chart just to please us. This will mean they are develop "people pleasing" habits.

Encouraging them and empowering is a gift we can give them.

What to Say

Here you are connecting with the problem you wish to tap about, perhaps it's an emotion you want to transform e.g. you can just use one word to start if you like, saying *anger* or *fear* or *sadness* as you tap on each point.

Or you can say the full line of what is bothering you e.g. *I want to allow this anger dissolve.*

Or *I want to know what this anger is trying to tell me.*

Remember our emotions are messenger molecules with messages for us.

Close your eyes and think about the problem you want to deal with before you start.

Follow the protocol in the Video to start and end a session.