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We All Have Mental Health

Day 2: Tapping Tuesday

What is Tapping?

Emotional Freedom Technique or EFT/Tapping is an evidence-based intervention that combines elements of somatic stimulation, exposure, and cognitive therapy. You use your own fingertips to do it. It involves quick, repeated light-touch taps on specific acupressure points, to restore balance to the body's system. These points send electrochemical impulses to the limbic and cortical regions of the brain. These are the areas of the brain that control stress and fear. This tapping helps break the neural links that are causing distressing emotions and unsettling bodily sensations. People report improvements immediately following the practice and practice does not need to be lengthy, 5-10 minutes is sufficient. It has been shown to decrease blood pressure, lower cortisol levels and increase happiness.

Explanation for Teachers

<https://www.youtube.com/watch?v=MANQC1Sb530>

Tapping for kids (grades K-8)

<https://www.youtube.com/watch?v=R0NUNNhosPU>

Tapping for test taking (grades 4-8)

<https://www.youtube.com/watch?v=Btm86KvE6a4>



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Tapping explanation for teenagers (good for high school)

<https://www.youtube.com/watch?v=PshI49S0x6E>

Tapping for Teenagers (high school)

<https://www.youtube.com/watch?v=abQI-g9F64>

Tapping for anxiety – for teens (high school)

<https://www.youtube.com/watch?v=02bN4JFx10Y>

Take a picture or video of your class participating in the tapping activity and upload to our google form.

<https://forms.gle/bnqJ1za53jMS8JrC8>

