

Download Tap It And Zap It A Grownups Guide To Eft For Kids

Tap It and Zap It!: A Grownup's Guide to EFT for Kids ...

By “tapping” on them with the fingertips, provide a “balancing effect” that replaces emotional/physical distress with calm and comfort. EFT has the potential to make for much happier and well-adjusted children. As we all know, if the kids ain’t happy, ain’t nobody happy! Try it! The kids will love it, and you will too.

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RELAXATION TOOL: Emotional Freedom Technique for Kids

Emotional Freedom Technique (EFT) is an awesome tool to help kids return to calm. I was in a NYC workshop with Gabrielle Bernstein, author of Miracles Now and May Cause Miracles, a week ago.

Tap Happy Kids

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