



EFT Rhyme for Juniors

I love myself, My family,	(KC - left)
My friends, And teachers too!	(KC -right)
School is fun and easy,	(Base of Eyebrow -both together)
Every day I learn something new!	(Side of eye - both together)
I like working with numbers,	(Under eye - both together)
Painting and singing too!	(Under nose and chin -together)
Exercise is healthy,	(Collarbone - both together)
Reading has great value!	(Under arm - both together)
Every day I get better and better,	(Cross wrists over one other)
And so much...	(Cross back of hands one over other)
Happier too!	(One hand over other, both on top of head)

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