

Emotional Freedom Techniques™

“Peace Points”

EFT

Exercises for KIDS

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4 POINT PRACTICE



and



9 POINT PRACTICE



...designed with parents, teachers and kids in mind.

Barbara L. Mallory, Ph.D.
www.feelingfree.net

INTRODUCTION

“Peace Points” – EFT Exercises for Kids

The Meridian Energy System and Emotional Freedom Techniques™ (EFT)

Tapping with fingers on EFT “Peace Points” stimulates a system of energy channels called the “meridian system.” The meridian system is an energy network that transports energy or *ch'i* or *qi* to all areas of the body. The meridian system has been known, studied, and successfully treated in Traditional Chinese Medicine for over 5000 years. It is the energy system treated by acupuncture and acupressure practitioners in our communities.

The meridian energy system has been imaged in the west using infrared photography and other specialized technology. Recent scientific research in the developing field of energy psychology has shown that energy tapping, i.e., tapping with fingers on designated acupressure points, can be effective in calming and balancing brain waves, relieving anxiety symptoms in persons with severe anxiety disorders. (Reference: D. Feinstein, Eden, D. & Craig, G., *The Promise of Energy Psychology*, Tarcher/Penguin, 2005.) What's more, energy tapping can be more effective, faster acting, and much less costly than cognitive/behavior therapy, pharmaceutical treatment, or even acupuncture in such cases.

The “Peace Points” featured in this booklet are recognized energy treatment points drawn from various applications of the Emotional Freedom Techniques™ developed by Gary Craig. Tapping with fingers on these points tends to enhance and balance the body's meridian system energy. By stimulating such energy-sensitive spots, even young children can correct energy disturbances underlying emotional distress and physical discomfort. For a wealth of information about EFT resources and outstanding training courses, visit the original EFT website at www.emofree.com.

May “Peace Points” - EFT Exercises for Kids help create peace in our children's world.



Notice to the Reader

The information contained in this manual is intended for educational purposes only and is based on the author's personal opinion and experience. By following the suggestions contained in this manual, the reader willingly assumes all related risks.

Published by:



Barbara L. Mallory, Ph.D.
& **Ravensong Readings**
277 Day Dreamer Drive
Las Cruces, NM 88005 USA
Email: bmallory@feelingfree.net

103-191 Jensen Ave. E., #3100
Parksville, BC V9P2T9 Canada
Website: www.feelingfree.net

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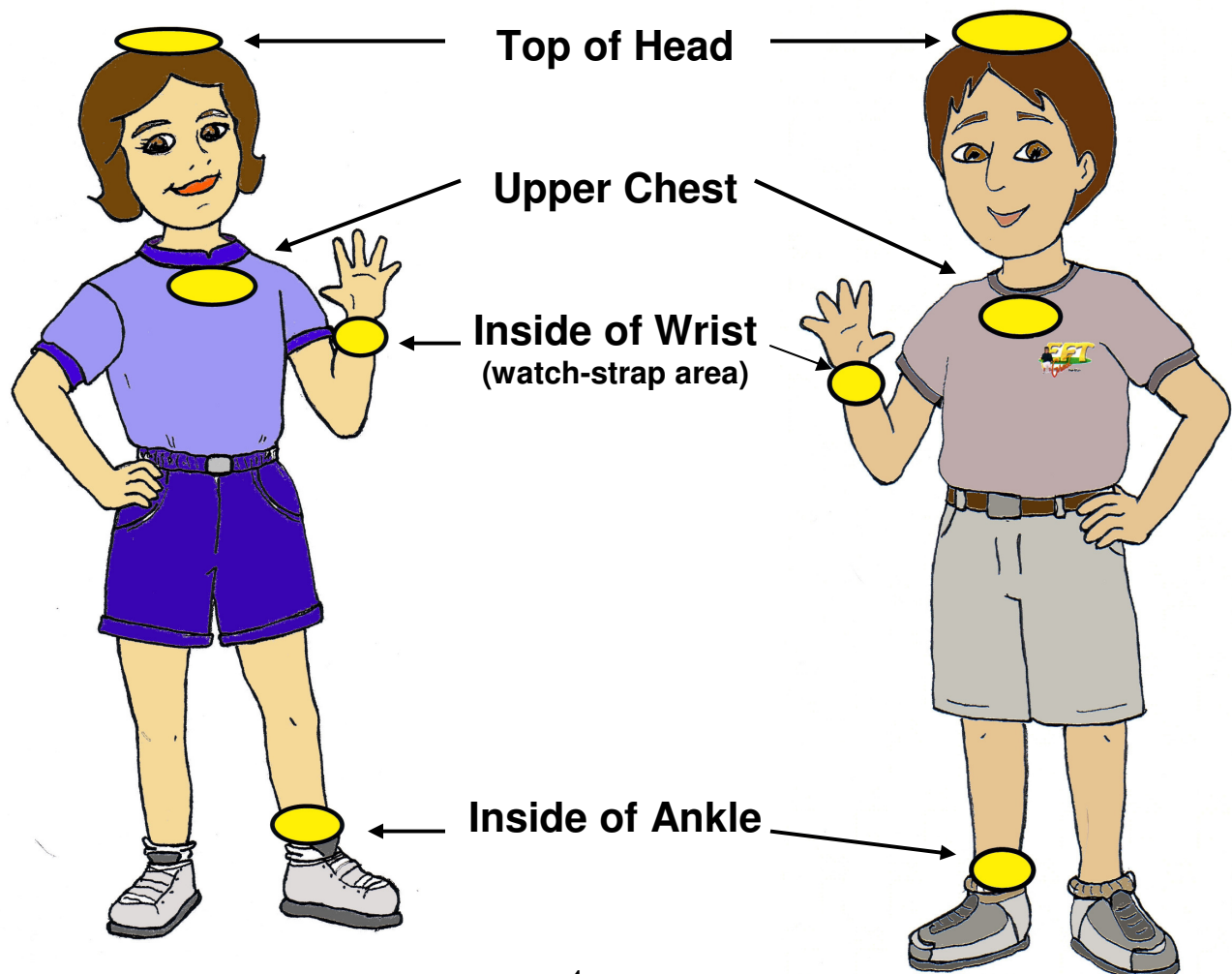
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The Big 4 EFT Tapping Points



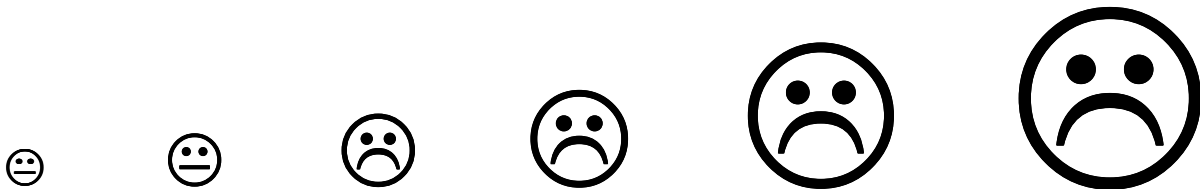
- **Top of head** - Tap with fingers back a little toward the crown.
- **Upper chest** – Thump upper chest for energy before you start. Also, tap here after tapping the top-of-head point.
- **Inside of wrist** – Tap or slap gently on the watch-strap area.
- **Inside of ankle** – Tap or slap the area above the ankle point. Your whole hand is in the perfect tapping place if your little finger is just above the point of the ankle.



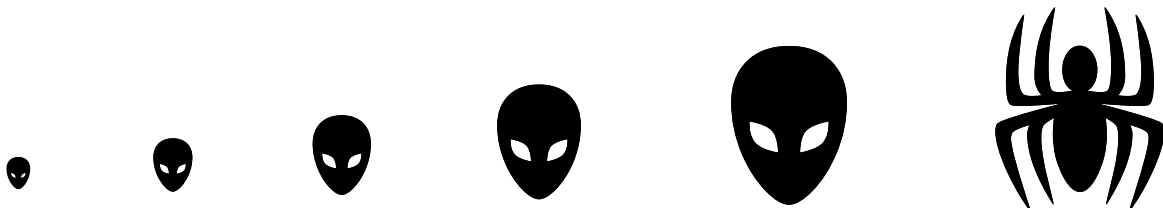
How BIG is your problem?



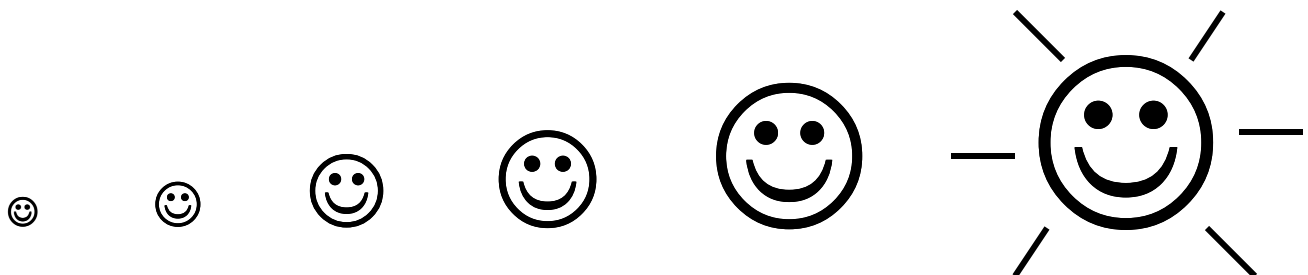
or ... How BAD do you feel?



or ... How SCARY is it?



and ... How do you WANT to FEEL?



Paula's 4 Peace Points



When Paula feels sad
or hurt or mad,
she thumps her chest like Tarzan
and doesn't feel so bad.

~~~

She brightens up her halo  
and pats her chest.  
She slaps her wrist and ankle  
and then she feels her best!

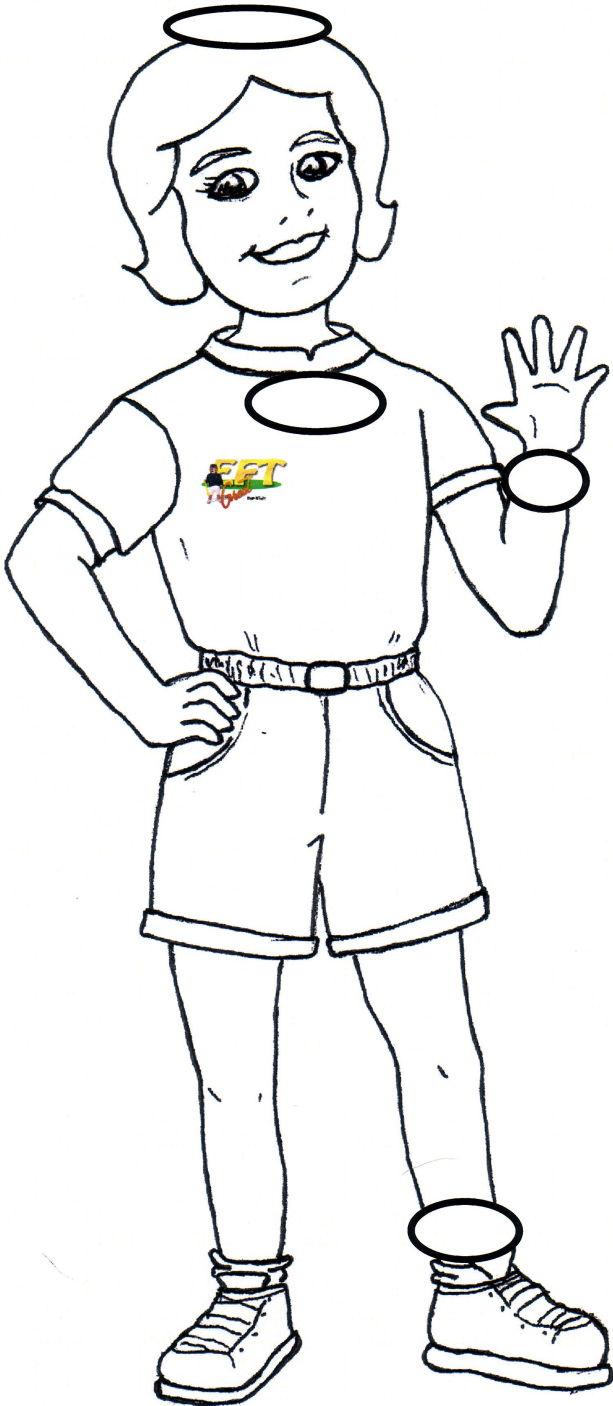
~~~

If you want to feel happy
instead of feeling bad,
just tap on your Peace Points
and you'll start feeling glad!

Paula's 4 Peace Points - Worksheet

Even though I feel _____

hurt
sad
bad
mad
worried
scared
lonely



**I'm a really great kid
and *I'm OK!***

Helper Instructions:

1. Repeat the "Even though..." statement 3 times while tapping the bony area on upper chest.

Examples: "Even though I feel really scared,
I'm a really great kid and *I'm OK!*"

"Even though I'm mad at _____,
I'm a really great kid and *I'm OK!*"

2. Tap fingers/hand on each Peace Point, saying the upset feeling word(s): e.g., "really scared"
3. Repeat until feeling OK, calm and capable.

Paul's 4 Peace Points

When Paul feels sad
or hurt or mad,
he thumps his chest like Tarzan
and doesn't feel so bad.

~~~

He brightens up his halo  
and pats his chest.  
He slaps his wrist and ankle  
and then he feels his best!

~~~

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Paul's 4 Peace Points - Worksheet

Even though I feel _____

hurt
sad
bad
mad
worried
scared
lonely

**I'm a really great kid
and *I'm OK!***

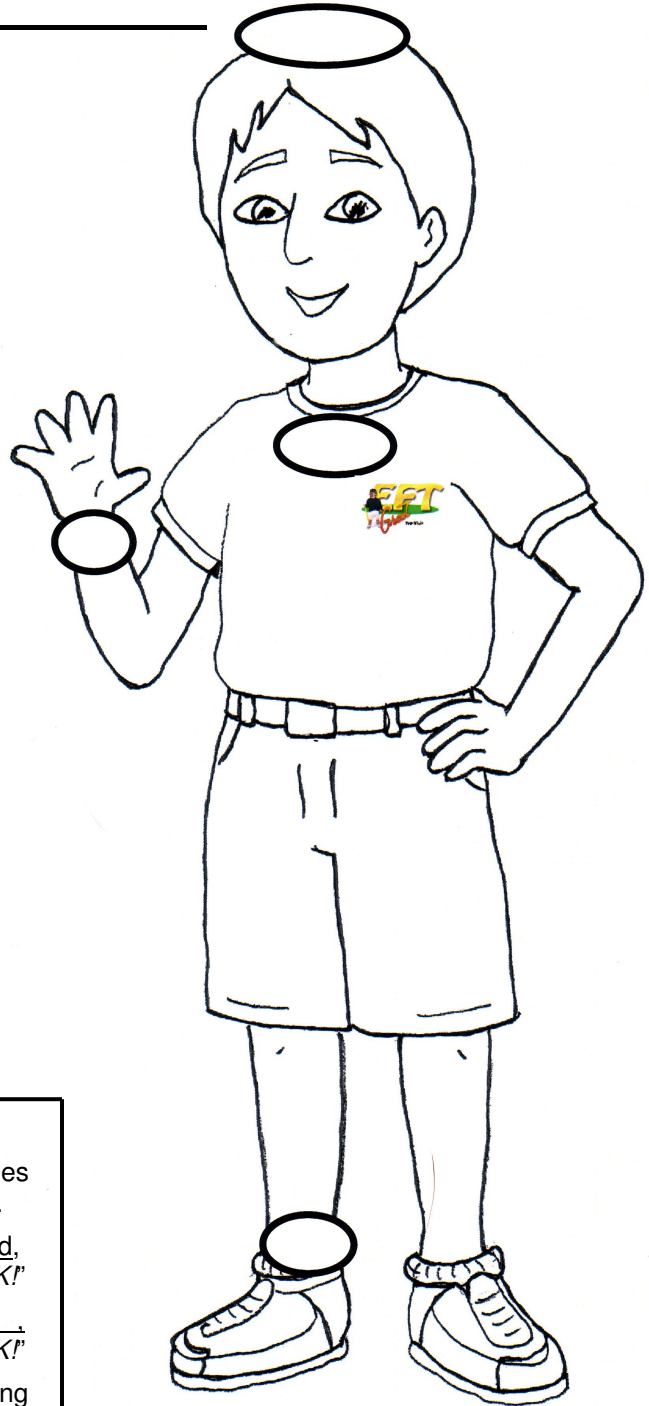
Helper Instructions:

1. Repeat the "Even though..." statement 3 times while tapping the bony area on upper chest.

Examples: "Even though I feel really scared,
I'm a really great kid and *I'm OK!*"

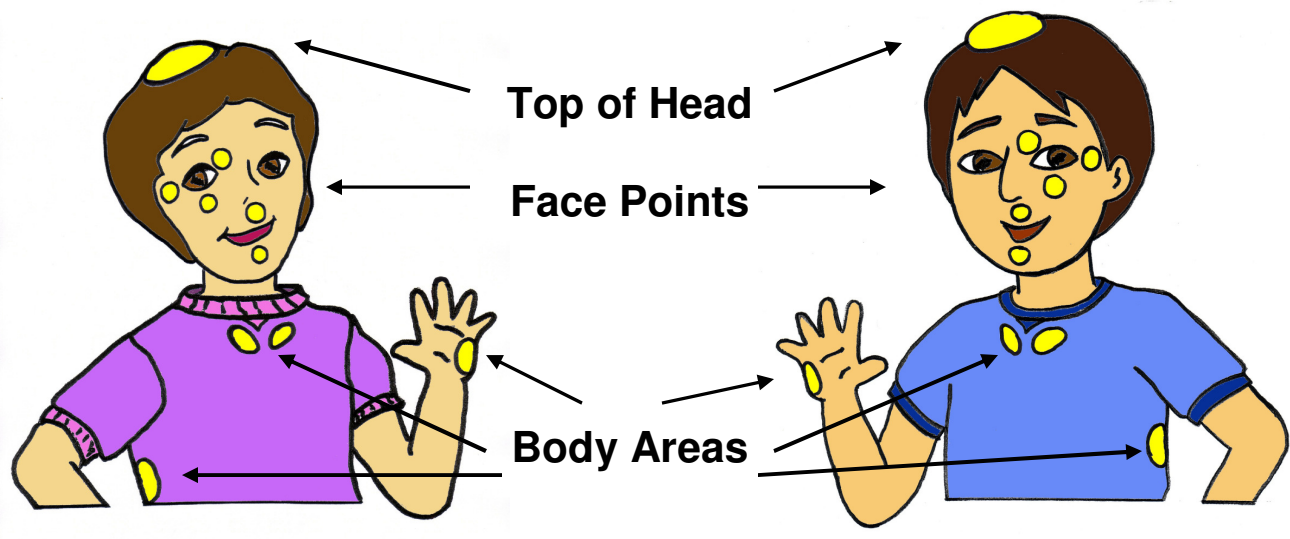
"Even though I'm mad at _____,
I'm a really great kid and *I'm OK!*"

2. Tap fingers/hand on each Peace Point, saying the upset feeling word(s): e.g., "really scared"
3. Repeat until feeling OK, calm and capable.



The Whole 9 EFT Peace Points

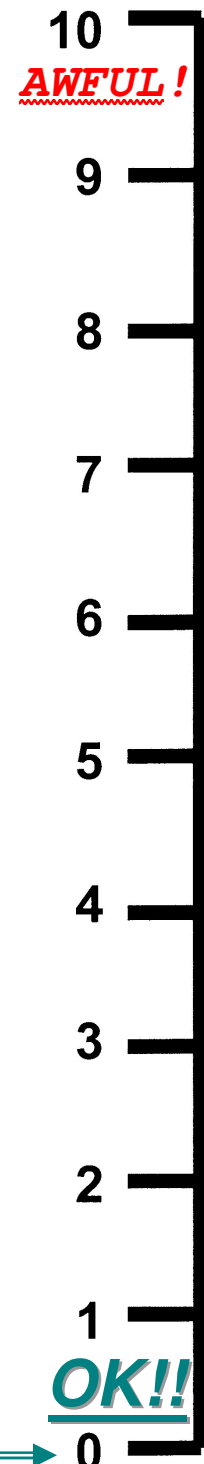
- **Top of head** (back a little toward crown) - 1 head point
 - **Eyebrow** (near bridge of nose)
 - **Side of eye** (on bony ridge)
 - **Under eye** (high on cheek bone)
 - **Under nose** (moustache spot)
 - **Under lower lip** (indent above chin)
- 5 face points
- **Upper chest** (Tarzan collarbone bumps)
 - **Under arm** (side between armpit & waist)
 - **Karate Chop point** (side of hand)
- 3 body areas



GIVE YOUR FEELING A NUMBER!

You can use the scale at the right to measure...

how BAD you feel,
or
 how BIG your problem is,
or
 how UPSET or WORRIED you are,
or
 how SCARED or ANXIOUS you are,
or
 how MUCH it HURTS,
or
 how BAD or SHARP or DEEP your PAIN is,
or
 how SICK you feel,
or
 how ANGRY or MAD you are,
or
 how FRUSTRATED you are,
or
 how INTENSE the bad feeling is.



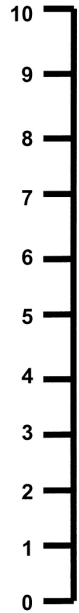
REMEMBER:



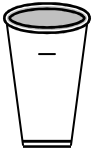
The GOAL is **ZERO** bad feeling! → 0

The GOAL is feeling **OK** and **CALM** and **CAPABLE!**

How to help yourself with 9 EFT Peace Points



FIRST: 1. Drinking water helps Peace Points work well.



2. Notice HOW BIG or HOW BAD or HOW INTENSE the problem is (use ruler at right). Is it small (just a 2 or 3) or pretty bad (4 or 5) or **BAD** (6 to 8) or **SO BAD YOU CAN'T STAND IT!** (9 or 10). Then notice how it feels after tapping.

3. Thump your chest like Tarzan to get your energy going!

NEXT – Rub or thump your 2 Tarzan points and repeat:

“Even though I feel _____, I’m a really great kid and *I’m OK.*”
[Examples: hurt, sad, mad, worried, scared, anxious, lonely, confused, etc.]

or...

“Even though I have this _____, I’m a really great kid and *I’m OK.*”

[Examples: problem, toothache, sick stomach, hurt/pain, nosebleed, etc.]



Repeat the “Even though...” statement **3 times**
so that the “*OK*” idea really sinks into your mind.

**Even though I have this problem,
I’m a really great kid and *I’m OK!***

NEXT - Tap your 9 EFT Peace Points

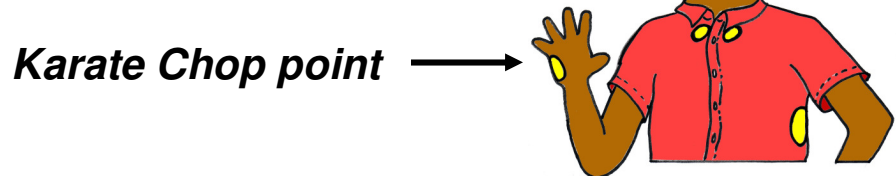
Use your fingers to tap.

Start tapping at the top of your head and tap your way down.

Say your problem word(s) while you tap each point.

Examples:	"This pain"	"Angry!"
	"It hurts!"	"Not fair!"
	"I'm scared"	"Really worried"
	"Going to get hurt again"	"Can't help it"
	"Don't know what to do"	"Sick!"
	"Going to fail"	"I'm hopeless"
	"Messed up"	"So mad!"

When you reach the Karate Chop point, tap it a few extra times for extra energy!



***REPEAT the whole EFT exercise
until you feel calm and OK!***

Keep on Tapping!

Keep tapping till the problem feels much smaller.
Keep tapping till you can cope without being upset.
Keep tapping till it's a ZERO instead 8 or 9 or 10!
Keep on tapping till you're OK!

HAPPY TAPPING!

Sing to the tune of...
"If You're Happy and You Know It..."



YOU CAN TAP!



If you're feeling kind of **SAD**
you can **TAP!**

If you're feeling really **BAD**
you can **TAP!**

*If you're feeling really **MAD***
and you want to feel real **GLAD** . . .

If you're feeling **BAD** or **MAD**

YOU CAN TAP!



Energy Tapping Resources

www.emofree.com The definitive Internet resource by EFT originator, Gary Craig, with free EFT manual, case histories, testimonials, training course information, practitioners' listings, and much more; the essential support for all EFT users, from beginners to master practitioners.

www.masteringeft.com Authoritative information on EFT from Dr. Patricia Carrington, including articles, guidelines, courses, and subscribers' newsletter "*EFT 1-Minute News*."

www.schoolmademucheasier.com From Paul Widdershoven and his e-book, *School Made Much Easier*, a rich, new EFT resource for students (K to College), parents, educators, and other helping professionals, with insightful contributions from experienced EFT practitioners.

www.eftdownunder.com From Australia, the official website of pioneering energy psychology professionals, Steve Wells, psychologist and performance consultant, and Dr. David Lake, medical practitioner / psychotherapist, featuring EFT and their own Provocative Energy Techniques (PET), including useful articles, informative links, and the duo's international schedule of EFT/PET trainings.

Energy Psychology Resources

www.energypsych.org Website of the Association for Comprehensive Energy Psychology (ACEP), a pioneering, nonprofit, professional organization dedicated to research, education, and promotion of energy psychology among health professionals and the public, worldwide, with annual international conferences and training venues.

www.energypsychologyinteractive.com Energy psychology information, research, and support, this informative site features award-winning training resources for professionals, laypersons, and graduate students.

www.feelingfree.net From "Peace Points" author, Dr. Barbara Mallory, an inspiring introduction to Energy Psychology, with illustrated techniques to test for and correct energy disturbances, plus self-calming exercises and guidelines for choosing a therapist.

About the Author

Barbara L. Mallory, Ph.D.



In her professional psychology practice in British Columbia, Canada, Dr. Barbara Mallory routinely incorporated clinically-proven energy psychology principles and practices with more traditional approaches to counseling and psychotherapy.

Recently retired to Las Cruces, New Mexico, Barbara presents training workshops in the highly regarded and user-friendly energy psychology approach, **Emotional Freedom Techniques™** (EFT). Her past clients and current workshop participants, from early age to senior, find EFT a remarkably effective self-treatment for emotional distress and physical discomfort.

Feeling Free! A Guide to the Energetics of Self-Care (2001), is Barbara's easy-to-read, illustrated guide for learning EFT and related energy exercises. Her book, *Divining Health: A Dowsing Approach to Emotional Freedom* (2002), integrates simple dowsing and energy testing techniques with strategies to correct energy reversals and reduce subconscious resistance to change. Barbara offers individual and group training in a variety of energy-based approaches to self-care and self-treatment. For additional information, visit her website, www.feelingfree.net, or send your email to bmallory@feelingfree.net.

Barbara's EFT "**Peace Points**" presentation was created for the summer 2007 *Peace Camp for Kids* at the annual non-denominational "Peace Village" day camp in Las Cruces, New Mexico.

...

Dedicated to my grandchildren

Jacqueline, Josephine & Jonathan Thai

Balwyn North, VIC Australia