

Theme 4: Tickle Touch & Tap

Lesson 15 – EFT Tapping

AMBER ELEMENTS COVERED



Learning Objectives / Key teachings:

- Become familiar with EFT - Emotional Freedom Technique.
- Practice EFT to release negative thoughts/emotions and replace them with positive thoughts/emotions.
- Learn to shift energy/feelings held within the body.
- Increase equilibrium and restore wellbeing.

Resources

- Activity - Pass the Clap / Catch the clap
- Activity - Icelandic Clap
- Activity - Finger Clap /Big Clap /Small clap
- PDF - Tapping EFT background
- PDF - Tapping
- Video - Tapping sequence
- Pens/crayons/colours
- Passport
- Energy Rainbow Poem
- Music - Beautiful Child

Lesson Plan

Educator Question.

- Q. What does AMBER do to help with tricky feelings?
- Q. Has anyone 'binned their bad stuff'? What did you do?
- Q. Can you remember the RELAX motto?

In this session we are going to try Tapping. This will help us bring calm to the brain and body. A CALM body is what we want to help us RELAX. Let's watch Stephen and Rachel - **Play Video 13** - EFT - Tapping.

We are going to follow a short video (EFT sequence) showing us how we can use tapping on our own bodies to restore and relax.

Use the EFT Tapping resources to familiarise where the tapping points are. Show or demonstrate to the children where they are;

- Top of the head

- Eye brow
- Side of eye
- Under the eye
- Under the nose
- Chin
- Collar bone
- Thumb, Fingers
- Karate Chop side of hand.

Exercise 1: Follow tapping sequence video with class so they become familiar with the process.

Q What the tapping feel like?

Q; How do you feel now after you have done this?

Q; When might you tap? (to move stuck tricky feelings)

Ask the class what tricky feelings/thoughts/problems they might want to tap away? Frame these for a 2nd tapping sequence and follow a 2nd sequence with a new positive statement; - I am, I can, I will, I love....

Extension Exercise 2: Clapping sequence

- Pass the clap /Catch the clap
- Icelandic Clap
- Finger clap - big clap - small clap

Read Energy Rainbow Poem and take belly breaths while listening to the words.

Exercise: Passport - Now we have completed all of our lessons for **'Tickle, Touch & Tap'** it is time to colour the page of passport - 'I am Strong'

Play the song **'Beautiful Child'** (Audio Track) while the children colour.

So we have completed the **'Tickle, Touch & Tap'** part of the programme next up is: **'Tickle, Touch, Tap and Hugs'**.

NOTE: Have you had an **'Energy Check In'** today?

END of Lesson 12.

End of Lesson – Move to Next Lesson