

## **EFT For Juniors**

Karate Chop (left)	I love myself, my family
Karate Chop (right)	My friends and teachers too!
Eyebrow (both)	School is fun and easy
Side of the Eye(both)	Every day I learn something new
Under the Eye	I like working with numbers
Under the Nose & Chin	Painting and singing too
Collarbone	Exercise is healthy
Under the Arms(both)	Reading has great value
Cross Wrist over wrist	Everyday I get better and better
Cross back of hands	And so much
Top of head (both hands)	Happier too!

## **EFT Before Meals**

Karate Chop (left)	As I sit down to eat
Karate Chop (right)	I am thankful for all those who made this treat
Eyebrow(both)	The sun that poured in all its strength
Side of the Eye(both)	The water that helped it grow
Under the Eye	The earth that nurtured and cared
Under the Nose & Chin	And the fire that cooked it slow
Collarbone	So many have worked from dawn to dusk
Under the Arms (both)	Birds and butterflies, cows and earthworms, too!
Cross Wrist over wrist	The farmer, the shopkeepers, the driver, the talented cooks
Cross back of hands	All their efforts have brought me this healthy meal
Top of head (both hands)	And I now gratefully enjoy this tasty feast

For more information on **Emotional Freedom Techniques**, please visit:

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