

A BRILLIANT ME IN ACTION ONE PAGE GUIDE TO...

EFT (TAPPING) AND SELF-REGULATION

Tapping is a self-regulation technique for C&YP. More formally known as *Emotional Freedom Techniques (EFT)*, it involves tapping gently on acupressure points to calm the nervous system. Often accompanied with affirmations or deep breathing.

The book **Gorilla Thumps and Bear Hugs** introduces this technique to children using fun animal imagery. (There are many other books / websites along the same lines).

WHAT?

It is offered as a safe, simple, child-friendly activity that requires little preparation or time commitment.

Some, small scale, studies have been carried out relevant to tapping in the primary classroom and have been positive about the potential effects

It is gaining some recognition as suitable for use in schools as a calming / soothing strategy. Many pupils enjoy using it and find it useful. **As with all self-regulation activities it is most successful if:**

- Pupils feel comfortable doing it and have a choice to do so.
- It is taught well, and pupils understand how it works (within the context of learning about the brain and central nervous system) and why it can be effective.
- It is used consistently and is seen as part of wellbeing / SEL and not as an add-on.

SEL?

It may be helpful for children to choose to use as part of available coping / regulation strategies.

Self-awareness and **Self-management**.



FIND OUT MORE

<https://childtherapyservice.org.uk/interventions/emotional-freedom-technique/>

The Tapping Solution Foundation are very positive about and promote tapping. Including the resources to support the children's book "*Gorilla Thumps and Bear Hugs: A Tapping Book for Kids*" by Alex Ortner).

- <https://thetappingsolution.com/gorilla-thumps/details.php>
- <https://www.tappingsolutionfoundation.org/tapping-teachers-students/>

SEE ALSO

- Focused Attention Practices (FoAPs)
- Regulate, Relate, Reason