

# EFT for Kids: A Powerful Tool for Emotional Healing

Emotional Freedom Technique (EFT) is a powerful tool for emotional healing and can be used safely and effectively with children of all ages. EFT for Kids is a modified version of EFT that is specifically tailored to the needs of children and can be used to help them manage a wide range of emotional issues, including anxiety, anger, sadness, and stress.



## EFT FOR KIDS EMOTIONAL FREEDOM TECHNIQUE: CALM AND PEACE by Marjorie Savage

★★★★☆ 4.4 out of 5

Language : English  
File size : 74551 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 241 pages  
Lending : Enabled



## How Does EFT for Kids Work?

EFT is based on the idea that negative emotions are caused by disruptions in the body's energy system. When we experience a negative emotion, our energy system becomes blocked, which can lead to a variety of physical and emotional symptoms. EFT works by tapping on specific acupuncture points on the body, which helps to clear these energy blockages and restore balance to the body's energy system.

EFT for Kids is a modified version of EFT that is specifically tailored to the needs of children. The tapping points used in EFT for Kids are located on the hands, feet, and head, and the language used is simple and easy for children to understand. EFT for Kids can be used to help children with a wide range of emotional issues, including:

- Anxiety
- Anger
- Sadness
- Stress
- Trauma
- Phobias
- School problems
- Behavior problems
- Sleep problems
- Eating disorders
- Enuresis (bedwetting)
- Encopresis (soiling)

### **How to Use EFT for Kids**

EFT for Kids is a simple and easy-to-use technique that can be learned by anyone. The following steps provide a basic overview of how to use EFT for Kids:

1. **Identify the problem.** Ask your child to identify the problem that they are experiencing. For example, they might say that they are feeling anxious about a test or that they are having trouble sleeping.
2. **Rate the intensity of the problem.** Ask your child to rate the intensity of the problem on a scale of 0 to 10, with 0 being no problem and 10 being the worst possible problem.
3. **Create a setup statement.** The setup statement is a simple phrase that combines the problem with a positive affirmation. For example, your child might say, "Even though I'm feeling anxious about the test, I choose to be calm and confident." Or, "Even though I'm having trouble sleeping, I choose to fall asleep easily and sleep soundly."
4. **Tap on the EFT points.** While your child is saying the setup statement, tap on the EFT points. The EFT points for kids are located on the hands, feet, and head. You can find detailed instructions on how to tap on the EFT points for kids online or in a book about EFT for kids.
5. **Repeat steps 3 and 4.** Repeat steps 3 and 4 until your child's problem intensity level has decreased to a manageable level.
6. **Test the results.** Once you have finished tapping, ask your child to think about the problem again. Ask them to rate the intensity of the problem on a scale of 0 to 10. If the intensity level has decreased, then EFT has been successful.

## **Benefits of EFT for Kids**

EFT for Kids is a safe and effective tool that can help children manage a wide range of emotional issues. EFT for Kids has been shown to be effective in reducing anxiety, anger, sadness, stress, and trauma. EFT for

Kids can also improve children's sleep, behavior, and academic performance.

Some of the benefits of EFT for Kids include:

- Reduces anxiety, anger, sadness, and stress
- Improves sleep
- Improves behavior
- Enhances academic performance
- Promotes emotional healing
- Empowers children to take control of their emotions
- Safe and effective for children of all ages
- Easy to learn and use

EFT for Kids is a powerful tool that can help children manage a wide range of emotional issues. EFT for Kids is safe, effective, and easy to learn and use. If you are looking for a way to help your child manage their emotions, EFT for Kids is a great option.

To learn more about EFT for Kids, you can visit the following websites:

- [EFT for Kids website](#)
- [Tapping for Kids website](#)
- [EFT Universe website](#)



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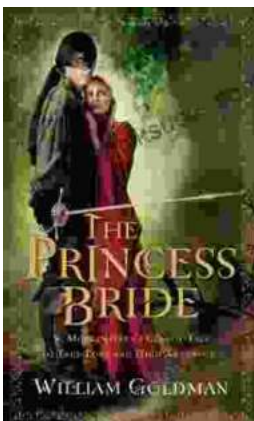
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