

## The Classroom TFT Exercise

This is our time to begin thinking about things that are bothering us and get in the way of our learning and get in the way of our being happy. Please think about something that is troubling for you the entire time we do this tapping exercise. We are going to begin by rubbing the tender spot on both sides. Then, continuing to think about what is bothering you,

Tap on the beginning of your eyebrow  
Then tap under your eye  
Then tap under your arm  
And under your collarbone

Everyone tap along on the little finger for those who are feeling angry this is really an important place to tap so everyone, tap along.  
And then tap again under your collarbone

Then tap under your nose  
And then on your chin  
And on your pointer finger  
And again, under your collarbone

And some people might be feeling sad or really unhappy so lets all tap on the back of our hand

And then the collarbone

Do the 9\_Gamut treatment  
and do the tapping treatment above again.

Start the whole procedure again with rubbing the tender spots and use similar word.

Continue for ten-minutes. (Remember to take your time tapping on each spot and an extra-long time tapping on the back of the hand.)00