

# SEL Skill - Tapping for Emotional Down-Regulation



- 2 deep breaths
- Give stress a number, 1-5
- Say in your mind, “Even though I feel so much anxiety about this this test, I choose to relax and feel safe now”
- “Even though I’m holding so much stress in my body, it’s safe to let the stress go now”
- “I may not have studied as much as I would have liked, and that’s okay”
- “I am safe, it is safe to breathe deeply”
- “The more I can relax, the better my body and brain will be”
- “I am letting go now” (repeat)
- Give stress a number, 1-5

Credit: TikTok: [corinth\\_loveskids](#)

# Explicitly teach SEL Skills: EFT Tapping

## **Why?**

To build awareness that it is okay to address the emotions that are already in the room

## **When?**

Before/After an emotionally charged event, before an exam, when a particular student is acting out but may not know why



## **How?**

As a class/group if the happening was shared as a class/group

Individually when a student is having a hard time