

Tapping for Kids (Gorilla Thumps and Bear Hugs book)

<https://www.amazon.com/Gorilla-Thumps-Bear-Hugs-Childrens/dp/1401952879>

Points:

1. Karate Chop (little finger side of hand)
2. Hairy Eyebrow
3. Eagle Eye (temple area/side of eye)
4. Lion's Tear Drop (under eye)
5. Dragon's Breath (under nose)
6. Howling Wolf (chin)
7. Gorilla Thump (collar bone)
8. Bear Hug (under arm/rib cage – give yourself a hug)
9. Monkey Point (crown of head)

