Resources for Children

Here are some suggested sites for kid’s EFT and breathing. There are so many EFT and breathing teachers on youtube, keep searching until you find one that you feel comfortable with.

EFT for kids- search in youtube:

“EFT for kids \_\_\_\_\_\_\_\_\_” Try anxiety, tummy aches, sleep, friend troubles, etc.

<https://youtu.be/wiJ5J406zAI?si=4CeCbYzdp5qgf9Dz>

Website with kid’s breathing techniques

<https://www.mindfulmazing.com/10-breathing-exercises-for-kids-with-anxiety-or-anger/>