

Simple Relaxation Technique Makes Contribution to Elementary School Teacher and Her Students

Class Standardized Test Scores Most Improved



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Four years ago I read an article in the newspaper by a school teacher who was very concerned about the high levels of stress that some children experience when taking standardized tests at the end of the school year. I found out that this was a common concern with many teachers. As a counselor; I know the value of EFT, and how well it would work with children and testing, so I reached out to offer help.

In the process I met Laura, a teacher of fifteen years who was so stressed out by the standardized testing that she was considering quitting. This was her first year teaching in a very poor part of town and the children were very stressed out. They also said and did things to one another that distracted the class from the lesson she was teaching and she found it very hard to get the attention of the class back on the lesson.

I suggested she try a very simple version of EFT that she could use with her second graders that I called the EFT Shortcut for Children. There are no phrases to say and only 4 points, which the child taps firmly with all four fingertips.

1. The top of the head
2. Slapping with an open hand across the collarbone points.
3. The inside of each wrist
4. The inside of each leg above the ankle.

Children frequently are able to benefit from EFT without just these simple steps. I suggested she take her class thru the EFT shortcut before the standardized testing and whenever the class was distracted or out of control.

A month later I called to tell me she had led the class thru the EFT shortcut before the standardized test. Much to her surprise, the next time that she announced a test to the class they all began tapping without her saying a word. When a student disrupted the class she directed the whole class to go thru the same tapping process, and the whole class would settle down quickly and paid attention to the lesson being taught.

The following year Laura taught 3rd graders. Parents and teachers came to her about problems with their children and Laura Explained the EFT-Shortcut process. At the end of that year she called me to tell me that the principal had taken her aside and told her how happy he was with the gains that her students had made in the standardized testing. In fact her class had done better than the other classes in the school. Laura is still successfully using the EFT shortcut with her classes and her children.

For parents, teachers, and kids alike, a simple exercise such as this EFT shortcut can be invaluable in helping turn around anxieties and stress to find a feeling of peace. This is an effective tool that you can use anytime or anywhere; so give it a try with your kids and notice how it shifts your emotions from negative to positive.

For more information go to:

EFT Shortcut for Kids.com