

Kids Tapping Points Chart

Karate Chop



Chimney Top



High Brow



Sigh Brow



Low Brow



Under the Nose



Chin



Chest



Under the Arm



The Happy Button Rap!

*Happy buttons are easy to find
Once I learned how
I can use them anytime!*

*The first spot to remember is
The Karate Chop.
Tapping the sides of my hands,
I just let one drop!*

*On the top of my head is
The Chimney Top.
I can let off steam
When I tap on this spot!*

*On to **The High Brow**
between my eyebrows
Near the centre of my face,
I get it now...*

*Next is **The Sigh Brow**,
to the side of the eye.
Where my brow ends,
I can let out a sigh!*

*It's time for **The Low Brow**
just below my eye.
When I tap on this spot
I feel a little high!*

***Under my nose and**
above my lip.
It's an easy spot to tap.
Can you feel the dip?*

*Now onto **my chin**
and below my lip.
When I tap this spot,
I start to grin!*

***The Tarzan Thump**
at the centre of my chest.
I can pound this spot
To feel my best!*

*When I slap with my palms
under each of my arms,
Do I look like a monkey?
Who cares, I feel calm!*