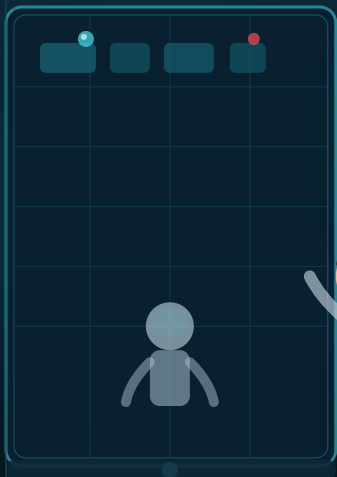


# SCREEN TIME

## RESET

EFT TAPPING FOR KIDS

A SELF-HEALING PRACTICE TO  
FIND BALANCE AND CALM



by ANGEL DIMITROV

# KARATE POINT

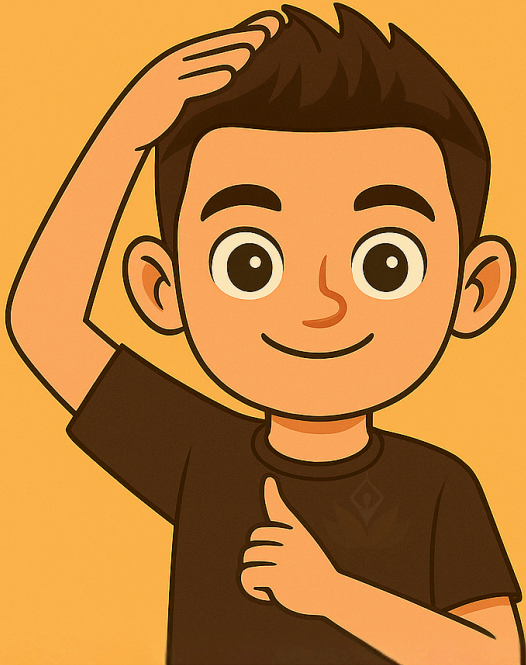
Side of your hand



Even though I love my  
screen... I'm okay.

# TOP OF HEAD

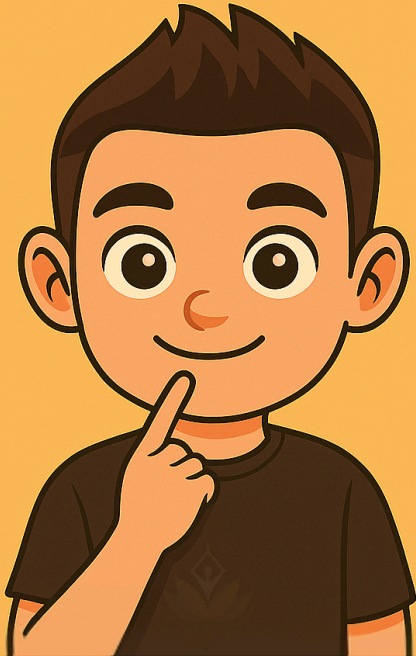
The crown of your head



**I press pause.**

# CHIN

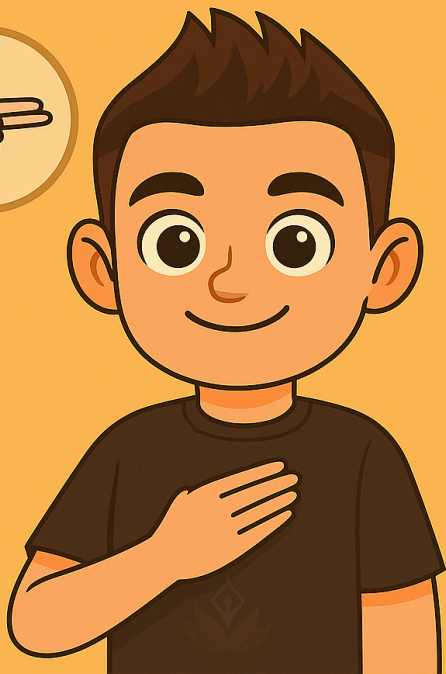
Below your bottom lip



**I choose to feel calm.**

# THYMUS POINT

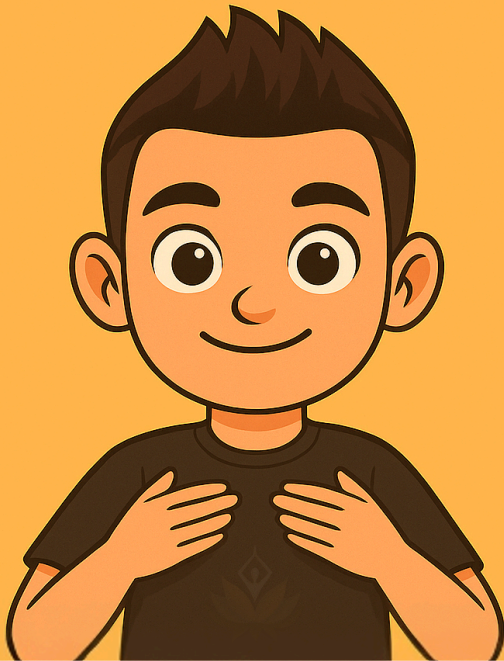
Center of your chest



**My heart is safe.**

# COLLARBONE

Just below your collarbone



**I listen to my  
body.**

# LET'S TAP TOGETHER!

Follow the full sequence

I press pause.

I'm okay.

I choose  
calm.

My heart  
is safe.

I listen to my  
body.



*Heidi M. M. M.*

---

**The loop has been  
broken.  
Now reconnect with  
what's real.**

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