

Experiencing Praise

Bilateral Tapping

Whenever you want to “wire” an uplifting experience into the brain, bilateral tapping (tapping the knees in a right/left manner, or butterfly tapping—right hand tapping left shoulder and left hand tapping right shoulder) is a good technique to use. Based on the research connected to EMDR (Eye Movement Desensitization and Reprocessing), bilateral tapping causes the right and left hemispheres of the brain to be activated and stimulated in a back-and-forth rhythmic style. This action helps the brain to integrate, strengthen, and remember the positive experience. Tapping should be done for 15-30 seconds at a time in the classroom, and the teacher should check in with the students to see how they are feeling. If they are continuing to feel the uplifting and positive feelings, they can continue tapping for another 15-30 seconds. The students should stop tapping if they lose the positive feelings. They can then go back and visualize the positive experience to see if they can feel those feelings again. Then they can continue tapping. The teacher should limit the tapping to 15-30 seconds at a time, and it is always important to check in to see how the students are feeling.