



BUTTERFLY TAPS

A Mind & Body Tool to Help You Feel Calm



Name: _____

Date: _____

Right now I feel:



Butterfly taps (or hugs) are a way to help your brain and body feel calm and balanced. You tap your shoulders back and forth—left to right, right to left—just like a butterfly's wings!



HOW TO DO BUTTERFLY TAPS

- 1 Cross your arms over your chest.
- 2 Tap your left hand on your right shoulder.
- 3 Then tap your right hand on your left shoulder.
- 4 Keep going back and forth like butterfly wings.
- 5 Breathe in... breathe out.
Repeat for about 1–2 minutes until you feel calmer.



WHY IT HELPS

- ♥ Helps your brain feel balanced
- ♥ Reduces big feelings
- ♥ Helps you feel calm and safe
- ♥ Brings your body back to the present moment



WHEN CAN I USE IT?

- When I feel worried or scared
- When I feel angry or frustrated
- When I feel overwhelmed
- Whenever I need a break

LET'S PRACTICE!

Try butterfly taps now. How do you feel?

Before:					
	☐	☐	☐	☐	☐
After:					
	☐	☐	☐	☐	☐



DRAW HOW BUTTERFLY TAPS MAKE YOU FEEL:



You have the power to bring calm to your body and mind!



CENTERING

A Mind & Body Tool to Restore Balance



Centering is a bilateral stimulation technique that helps your brain integrate stress and emotions. It brings your awareness into your body and the present moment, helping you feel more grounded, calm, and in control.

HOW TO CENTER

- 1 Cross your arms over your chest.
- 2 Place your hands on your opposite shoulders.
- 3 Tap slowly, alternating sides—left hand on right shoulder, then right hand on left shoulder.
- 4 Breathe in... breathe out.
- 5 Continue for 1–2 minutes or until you feel more centered.



Name: _____

Date: _____

Right now I feel:



WHY IT HELPS

- ♥ Supports brain and body integration
- ♥ Reduces stress and anxiety
- ♥ Helps regulate emotions
- ♥ Improves focus and clarity
- ♥ Grounds you in the present moment



WHEN CAN I USE IT?

- When I feel overwhelmed
- When I need to regain focus
- When I feel anxious or on edge
- As a daily self-care practice

LET'S PRACTICE!

Try centering now. Notice what you feel before and after.

Before:					
	☐	☐	☐	☐	☐
After:					
	☐	☐	☐	☐	☐

REFLECTION

How do I feel after using centering? _____

What situations might this help me in? _____

How can I remind myself to use centering? _____



A few minutes of centering can create more calm and clarity in your day.

