

Butterfly Tap

Self-Soothing Page

The **Butterfly Tap** is a way to help calm your body and mind when you are feeling sad, worried, or overwhelmed.

It's like getting a gentle hug that you give yourself!

Follow these steps:

1. Cross your arms over your chest, like butterfly wings.

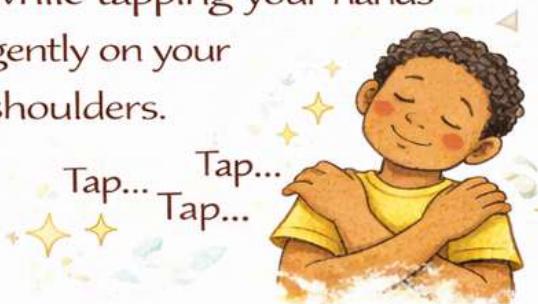


2. Place your hands on your shoulders.

3. Take a slow breath in...



4. Take a slow breath out while tapping your hands gently on your shoulders.



Repeat the **Butterfly Tap** 4-8 times... or until you feel calmer.



The **Butterfly Tap** helps me feel: