



Whenever you feel sad, angry  
or hurt, try BUTTERFLY  
HUGYTAP.

You you can do this  
ANYTIME – ANYWHERE!



# BUTTERFLY HUGYTAP



1. CROSS ARMS OVER YOUR CHEST
2. SOFTEN OR CLOSE YOUR EYES
3. SLOWLY TAP ONE HAND, THEN OTHER,  
LIKE 'BUTTERFLY WINGS'.
4. CONTINUE UNTIL YOU FEEL CALM

