

## Butterfly Hug Instructions

This works best if you teach the child (or adult) to use themselves.

It can be used whenever the person or child is experiencing a strong emotion, a flashback, or the after-effects of a nightmare.

Ask the person to cross their arms across their chest, and lay their hands on the opposite shoulders.

Rapidly tap each hand in rapid alternation like the flapping of a butterfly's wings, for as long as it takes for the emotion to subside.

