

# Sally & the Bully

By Ann Adams & Susan McDowell



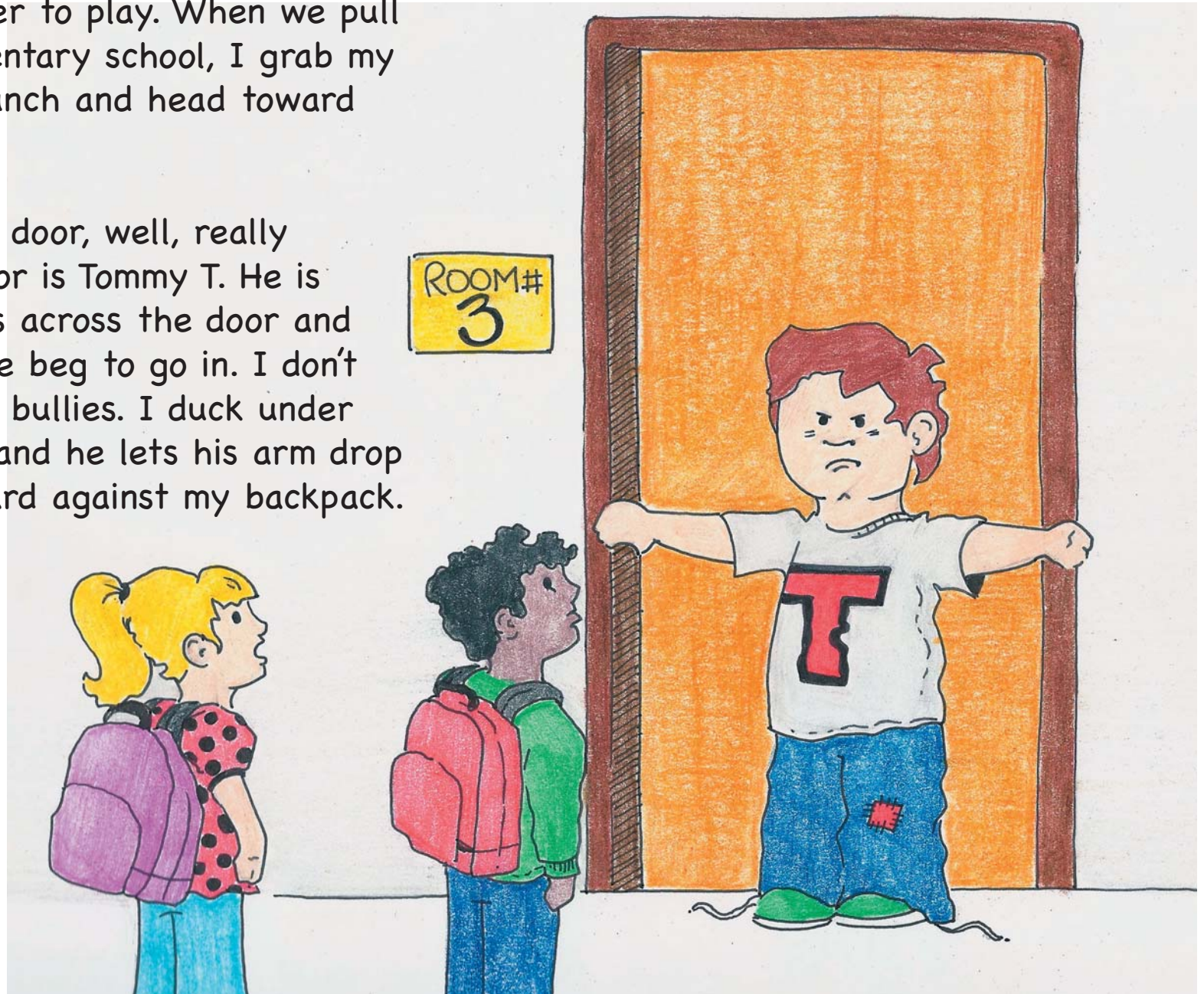
It's a school day morning. I got dressed, ate breakfast and went out the back door with my puppy, Georgia. I found my kitten, Little Tut, curled up on the back porch. I rubbed her tummy then made sure she had food and water.



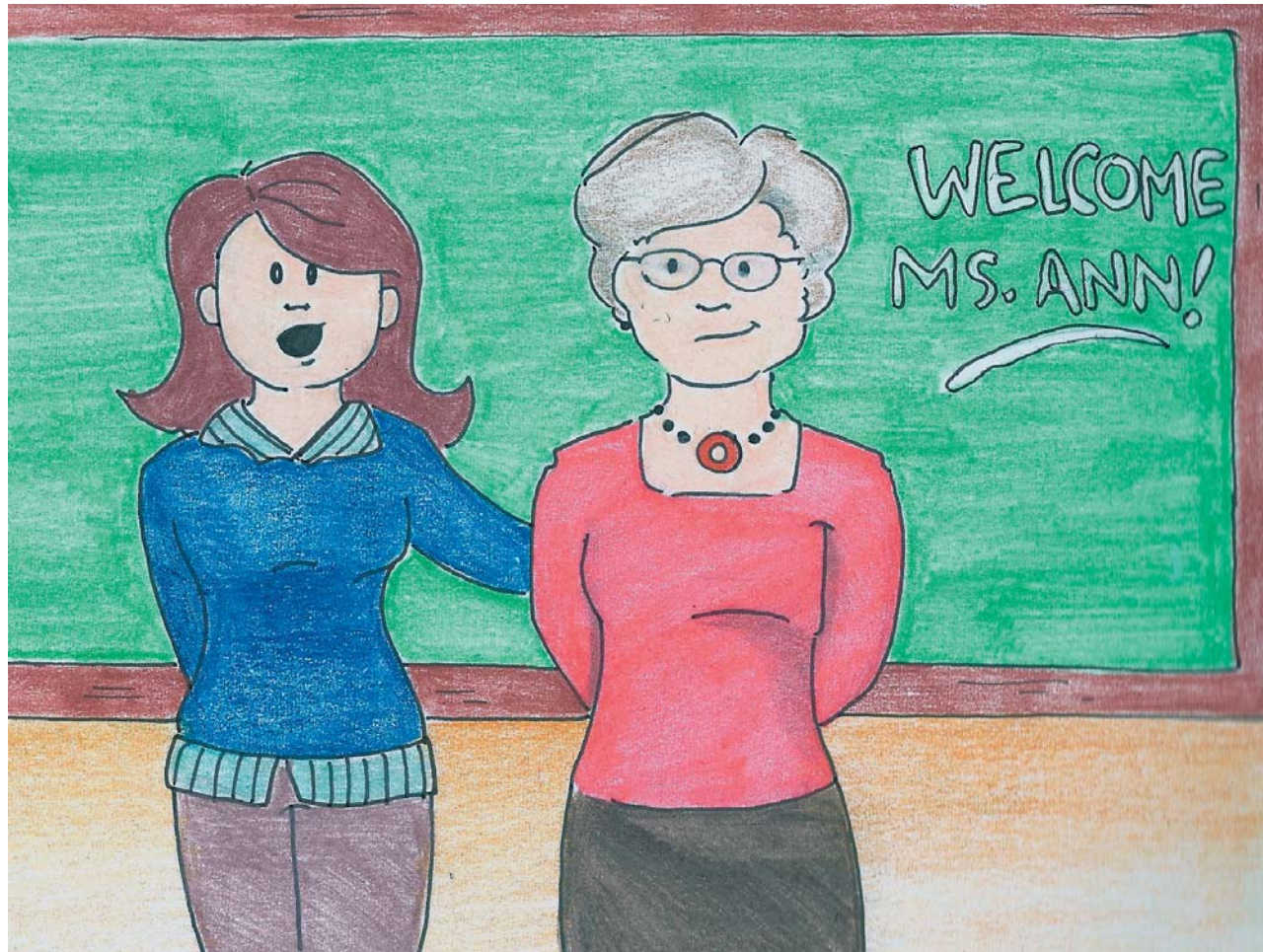
I walked around to the front of the house to see my morning glories. They are still blooming even though it is already fall. I love those morning glories; I planted them myself. I love my puppy and kitten too, they are both black and soft and sweet.

In the car I tell Mom and my sister how Little Tut jumped all over Georgia trying to get her to play. When we pull up to the elementary school, I grab my backpack and lunch and head toward my classroom.

Standing at the door, well, really blocking the door is Tommy T. He is holding his arms across the door and making everyone beg to go in. I don't beg; I don't like bullies. I duck under Tommy T's arm and he lets his arm drop and hits real hard against my backpack.



I am mad at Tommy T; he has always been a bully. I forgot about cute puppies and kittens and morning glories. I can hardly listen as my teacher calls roll; I almost forget to answer.



Then she announces we have a visitor this morning. "Class, this is Miss Ann, she is going to talk to us about how to help get rid of negative feelings and how we can feel better."

First, she told us to think about something we really liked that we had done, like make a good grade, or help grandparents or something like that. I remembered my morning glories, I remember digging at the hard ground and planting the seeds and watering and best of all watching them grow.

Then she had everyone stand up and do a karate chop into our hand and say "I'm a great kid! I'm a great kid!" The whole room was chopping and hollering and jumping up and down. We finally stopped hollering enough for Miss Ann to talk again.

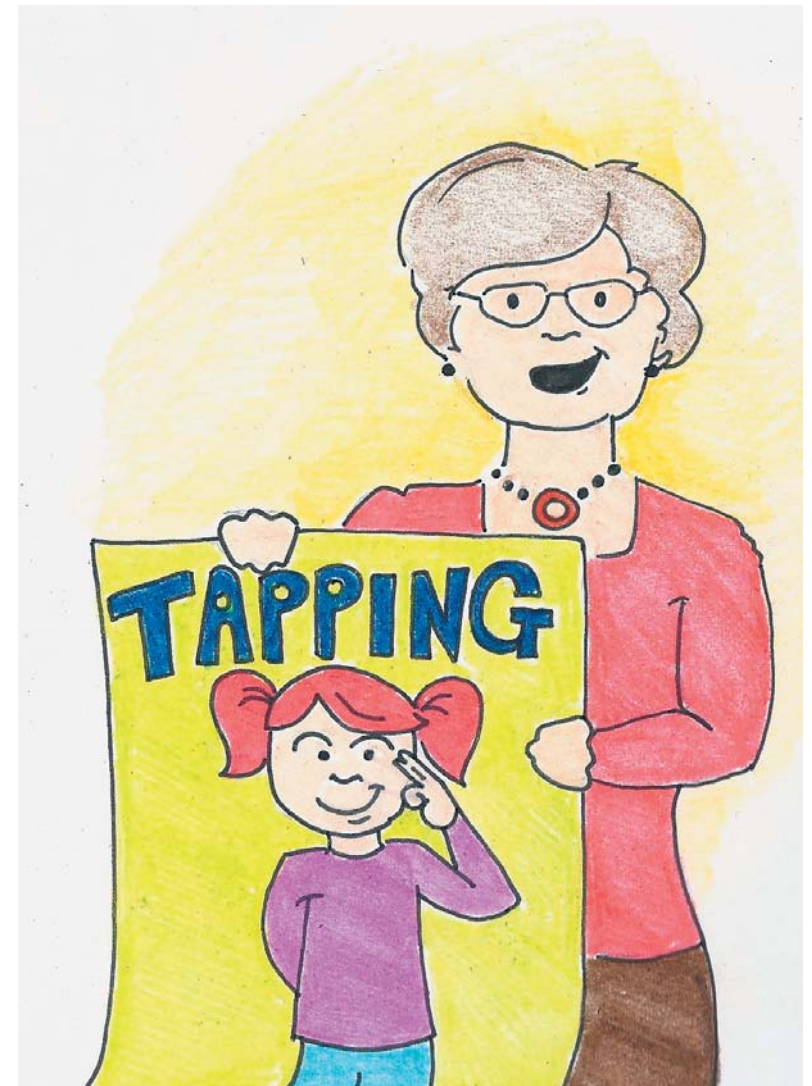


“Even though you are all great kids,” she said, “all of us have things happen that make us feel bad.”

I was wondering how she could think Tommy T was a great kid.

She said she would show us something to do that would make us not feel so bad when things bothered us.

She had a poster with a picture of a girl holding up two fingers on each hand. In the next poster the girl was putting the two fingers up to the edge of her eyebrow. It looked kind of weird, but she explained that there are special spots that we can ‘tap’ on to help us not feel so bad. We all tried that, some of the kids giggled.



She showed us how people use these spots without knowing about tapping: like covering our hand over our mouth when we are shocked by something, or hand to our chest when we are sad, or sort of slap our heads when we are aggravated, wrapping our arms around our chest when we are feeling worried, or scratching our heads when we are puzzled. When she finished the tapping spots didn't seem so strange. We use them all the time!!



She asked if we were nervous when we took a test in school. I thought about that. I do make good grades and most of the time I know I know the information but I still feel a little jittery inside when the teacher hands out the test. I remembered the big Math test last week - ugh!

She asked us to think about the last test we had trouble with and to guess at a number between 1 and 10 as to how much we felt bad about it when we thought about it now. I guessed my number was a 4.

When something is really bothering you, whether it just happened or happened a long time ago, Miss Ann said tapping these spots is a quick way to calm down those bad feelings and help them not bother us so much. It calms you down so you can think more clearly about the problem.

She asked us to think about the test that worried us and to tap along with her so we can learn the points. It was fun to see all the kids tapping those points! We tapped all the points several times as Miss Ann talked about the kinds of feelings kids have about taking tests.

She said it's like we have two little people in our heads one telling us good things about our self and the other telling us bad stuff about our self. In some kids, she said, the bad voice talks more. Boy, that sure could be true about Tommy T.







Before we tapped again Miss Ann said to pay attention to where we feel the upset in our body – MY STOMACH! She said to give the upset in our stomach, or chest or wherever a number like we did for the test. This one was a 7!! I still felt bad about it. We tapped around the points several times while Miss Ann talked about different feelings and upsets kids can have. She sure did understand kids!



“Go back inside now and give your upset a number,” she said. I couldn’t believe it – my stomach felt ok. The funny part was that when I looked back at the time he’d pushed me last year it was Tommy T. who looked silly! I didn’t have anything to be embarrassed about. I still don’t like that he pushed me, but it was all HIS problem. I just happened along at the wrong time.

Gee, for the first time EVER I wished Tommy T. was in my class so he could learn about tapping too.

Miss Ann gave each of the children some flash cards like the big posters, so we could remember where all the spots were. I put the flash cards in my backpack.

I am going to show my sister, they have bullies in middle school, too.



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Susan McDowell is Ann's sister. Her favorite hobby is writing children's stories for her four grandchildren.

We are working to develop a resource site for children's EFT products. If you have a children's story, or an idea for one, or just like to illustrate stories we'd love to hear from you. [ann@eft4powerpoint.com](mailto:ann@eft4powerpoint.com)