



# Tapping in the Classroom

*Dear Special Friend,*

*I'm so glad I'm yours! My name is Morgan. (Well, it is at the moment, but I'd be very happy if you decided to give me a special name all of my own so I don't get confused with all my Morgan cousins out there being loved by other lucky people like you.)*

*I don't know if you realise how lucky you are to have me for your friend - or how lucky I am to have you. You see, the thing is, all of us in the Morgan Bear family are a little bit different from other bears. We are superstars at helping our owners to feel good when they are feeling down. It doesn't matter if you're feeling upset, or a bit cross and grumpy, or even really angry. Or you could be feeling sad, or jealous, or like things are just not going right. Whatever you are feeling, we Morgan bears can help you change that. And it all comes down to our special spots.*

*I don't know if you've already noticed, but most other bears don't have magic spots like us. I have eight spots on me. Count them for yourself to see. When you are feeling yucky inside, if you tap on my magic spots and tell me how you are feeling, you will be amazed at how quickly you start to feel better. I'm not joking. You have to try it to see. And when you tap on my magic spots, you make me feel better too - because I love to make you happy. If I'm making you happy, that makes me happy too. (The spots do tickle a bit, and I love tickles... so feel free to tap, cuddle and tickle me whenever you like - even if you're already feeling happy and full of love - because there is no such thing as too much love.)*

*The other thing I can do to help you feel better if you're feeling down, is to remind you that you have special tapping spots on your own body too. Your own tapping spots are in the same places on your body, as mine are on mine. So, you can use my spots to remind you of where your own are. Have a go now at tapping on your own special spots.*

*If you're not sure how many times to tap on each spot, you can either ask a grown-up who knows about tapping, or you can just tap around five to seven times on each one... nice and gently though. It's like each tap is a little bit of love that you give yourself - or me, if you tap on me. Anyway, having your own spots means, even if you don't have me with you, you still have a way to make yourself feel better.*

*I'm really looking forward to loving you, and getting to know you like a best friend. And I'm super excited about us being tapping buddies and making each other happy.*

*Lots of love, hugs and tickle-taps,*

*Morgan xxx*