



ITM Free Resource for Day 29: August 29, 2023

Today's BONUS Resource: Tappet Barnaby Song
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[Make sure you take responsibility for your actions. Thus, stop if needed. And, if you first need/want to seek the advice of your mental/medical health professional, do so. This resource is not meant as treatment or to be a diagnosis. It is provided merely as information.]

🎵 **Hi! I'm Tappet Barnaby** 🎵

*"When I feel sad,
I know what to do.
Let me share my points with you.
I tap the points; I say I'm sad.*

Side of my Hand
Top of my Head
Side of my Eyebrow
Side of my Head
Under my Eye
Under my Nose
Under my Lip
On my Collarbone
Under my Arm

