

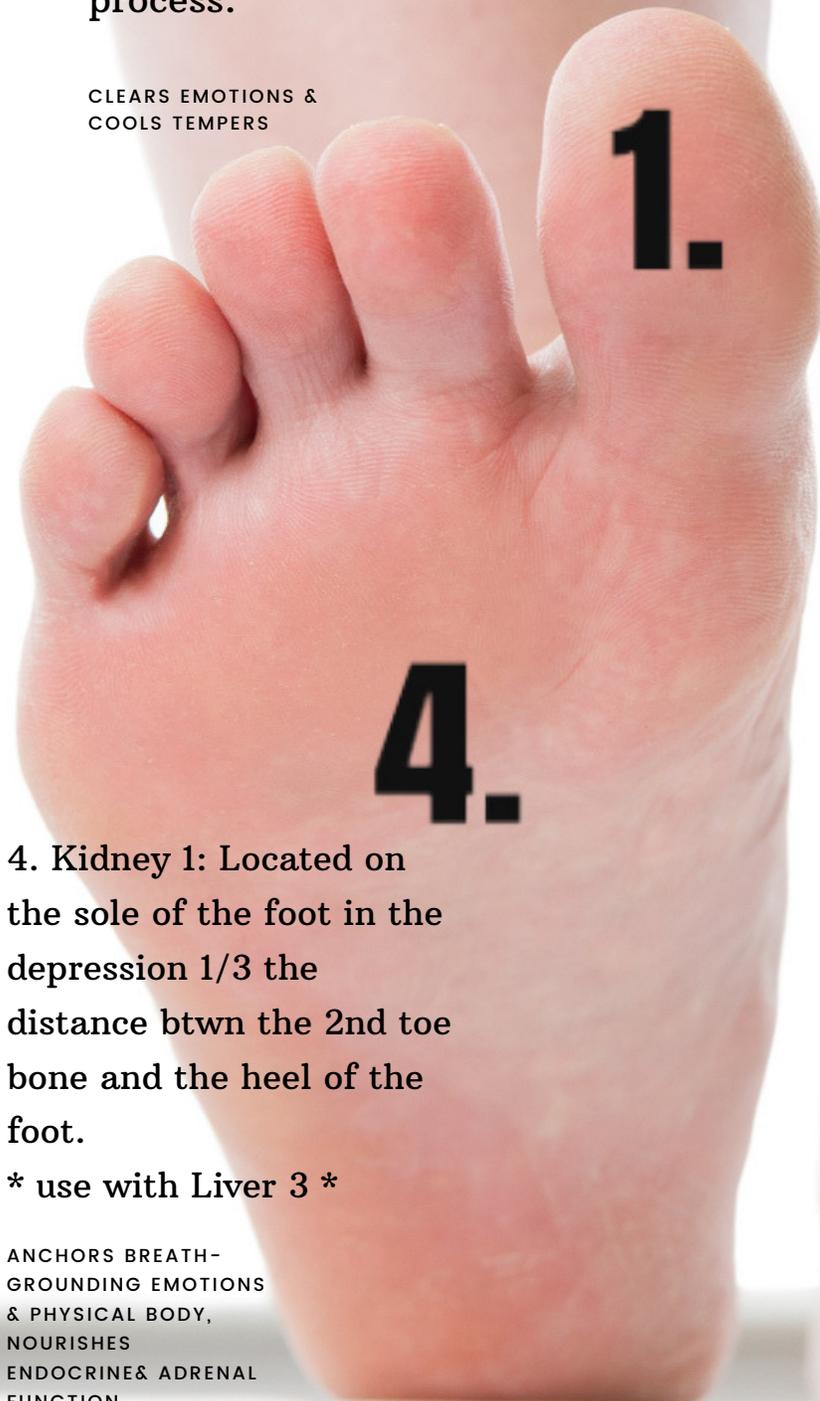


1. Great Toe: hold both toes with your thumbs on the sole aspect and the fingers on the nail. Hold & gently press continually until child's breathing starts to slow. The emotions of the day begin to release and have a pathway to move and process.

CLEARs EMOTIONS &
COOLs TEMPERs

2. Spleen 6: measuring from the highest point of the inner ankle bone with child's hand place the pinkie finger on highest point and the acupuncture point is located on the same line where the index finger lies- even pressing motion.

MEETING OF SPLEEN,
LIVER & KIDNEY-
REGULATES DIGESTION,
NOURISHES LV, SP, KD;
SUPPORTS HEALTHY
EMOTIONS & SLEEP



2.

3. Liver 3: Located on the top of the foot between the great toe & 2nd- in the depression follow the center line to the point.

Use finger tips & thumb to press Kidney 1 & Liver 3 simultaneously.

Press and release

REGULATES QI, MOVES
STUCK EMOTIONS,
REDUCES PAIN, TREATS
INSOMNIA

3.

4. Kidney 1: Located on the sole of the foot in the depression 1/3 the distance btwn the 2nd toe bone and the heel of the foot.

* use with Liver 3 *

ANCHORS BREATH-
GROUNDING EMOTIONS
& PHYSICAL BODY,
NOURISHES
ENDOCRINE & ADRENAL
FUNCTION

ACUPRESSURE FOOT MASSAGE

— BEDTIME & CHILL OUT —

REGULATES EMOTIONS &
RELEASES WORRY, ANGER, FEAR.

Adding a foot massage to your child's bedtime routine will create a time to connect, share and most importantly model how to unwind. This can be done after bath, during story or while tucking them in at the end. We often spend time caring for our children and having this touch be the last part of their day will create peaceful minds and an opportunity to process while releasing tension in a healthy way.

If you or your child need additional relaxation at bedtime, add some coconut oil to the soles of your feet, palms of your hands and your or your child's forehead. Coconut oil is grounding and during a great way to support sleep.

*** This can also be a great tool during big emotions or after a tough day at school or life event. ***



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