



FTT4KIDZ – EASY STEPS

1. **NAME THE GAME** – this can be one of the FTT4KIDZ cards chosen by the child/client or the name of the game written on a post-it and attached to one of the blank cards
2. **HOW DOES IT MAKE YOU FEEL?** Child/client will choose one or more cards – probably from ‘Negative’ emotions group (Red)
3. **WHERE DID IT HAPPEN?** – indicate 2nd group of cards (Orange). Child/client to choose where it happened. This could be more than 1 place
4. **WHERE DO YOU FEEL THIS IN YOUR BODY?** Help them discover where it is.
ON A SCALE OF 0 – 10 HOW MUCH CAN YOU FEEL THIS IN YOUR BODY?
Is it more than 5? Less than 5? Is it a lot? Or a little? Get the number and write it down
5. **DO YOU WANT TO KEEP THIS (in your body) OR DO YOU WANT TO LET IT GO?**
Introduce ‘special stones’, ‘magic stones’, ‘science stones’ and help them release the emotions. You can introduce the stones either at the beginning of The Game or prior to the release.

I’m..... (use their name) and I Fast Track and Release all the (name the emotions) trapped in my (name where it is in the body) about (name the game and where it happened) NOW!
Add anything positive and uplifting you feel is appropriate that the child/client has already mentioned. Do not project your desires onto the child without checking with them if its ok first.
6. **HOW DOES THIS FEEL IN YOUR BODY NOW?** Check the numbers related to STEP 4. If less than 3 go to STEP 8. If more than 3 repeat STEP 5 using Releasing Phrase to include new information received. Invite to discard more cards.
7. **DO YOU STILL NEED ALL OF THESE CARDS?** Invite the child/client to ‘throw away’ any cards they no longer need or replace their existing cards with new ones
8. **WHAT DO YOU NEED TO RELEASE MORE OF THISFROM YOUR BODY?**
Indicate ‘Needs’ group (Green) and invite child/client to choose one or more cards they ‘need’. Use Releasing Phrase again including new information. You can say “I Fast Track and release all *remaining* _____ trapped in my _____”
9. **HOW DO YOU FEEL NOW – in your body – about the situation?** Ask for their new number – it will probably be zero
10. **HOW WOULD YOU LIKE TO FEEL?** Invite the child/client to choose the cards they prefer to feel – probably from ‘Positive’ group (Blue). Suggest they hold up their cards and put them on their screen and when they are ready to receive all the good vibrations they just have to say ‘Yes’. When the game is finished take a photo of their final cards and present as a souvenir.