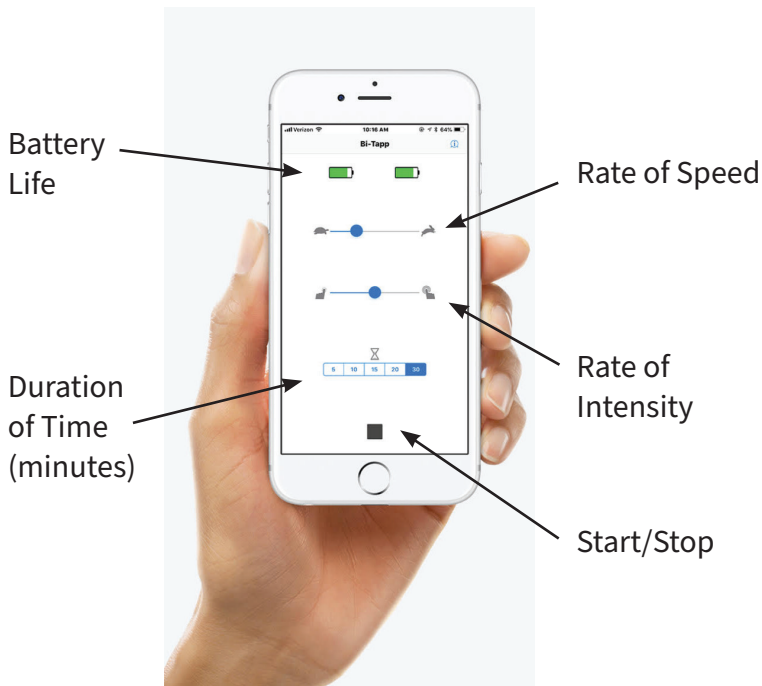




Normalize the use of the tappers

1. Show the tappers to students “before” they need them. This helps the students become familiar with this resource.
2. Let the student hold the tappers. Let them adjust the rate of speed and the rate of intensity of the tapping on the App.
3. Teach the students how the tappers work (they need to be placed on each side of their body: hold the tappers in your hands, pockets, socks or wear them with wristbands).
4. Show them how the tappers can work independently of the App for the times when the student takes the tappers to class with them.



Choosing the Settings:

A good starting place for both the rate of speed and the intensity of the tapping is the middle of the slider bars. Decrease one or both of the settings as needed.

If the tapping is too fast or too strong, the tapping will be a distraction, rather than a calming resource.

Let the student choose the settings that work best for them.

The bilateral tapping ranges from 5 to 30 minute cycles. You can start/stop the tapping at any time through the App or by pushing the button on one of the tappers.



Visit our website for more information and testimonials. bi-tapp.com

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