Normalize the use of the tappers

1. Show the tappers to the students "before" they need to use them. Let them hold them or wear them, adjust the rate of speed and intensity of the bilateral tapping. This helps the students become familiar with this resource.

2. Teach the students how the tappers work: They need to hold them in each hand, place them in their pockets or socks or wear wristbands.

3. Teach the students why bilateral tapping works: Research shows that bilateral stimulation calms down the part of the brain that activates the fight/flight response. When the amygdala is calm, your thinking brain is more fully engaged.

4. Use the tappers anytime you need help feeling calmer or need help focusing.

   Examples include:

   • Feeling anxious, nervous, upset or overwhelmed

   • Test anxiety

   • Giving a presentation and you can tell you are extra nervous

   • To Improve Focus or Concentration

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

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Setting Up the Tappers:

1. Download the Bi-Tapp App

2. If your phone asks if Bi-Tapp can track your location while the App is in use, say "yes". Bi-Tapp does not track any data, this simply lets the tappers find the App for pairing purposes.

3. Open the Bi-Tapp App and pair the tappers to the Bi-Tapp App. You must pair the tappers to the App, not to Bluetooth. Video: "How to Pair Your Tappers"

4. Overview of the App.
   Video: "Bi-Tapp App Features"

5. How do I find the settings I like?

   • A good starting place for both the rate of speed and the intensity of the tapping is in the middle of the slider bars. You are able to customize the settings to your preference.

   • If the tapping is too fast or too strong, the tapping will be a distraction, rather than calming. You want the rate of speed and the intensity of the tapping to be calming to you.

   • You can choose how long you want the bilateral tapping to last, anywhere from 10 to 60 minutes. You can stop and start the tapping through the Bi-Tapp App or you can work the tappers independently of the App. Video: "Using the Tappers Independent of the App"