



# Capacitar Practices for Children & Families



With Covid-19 and the shelter at home mandate, many people are dealing with home schooling of their children while at the same time working full time from home. Some of the Capacitar practices can be very helpful when children have meltdowns or can't concentrate on their lessons or express strong feelings of fear, anger or anxiety. These are also helpful for physical symptoms such as chest congestion, headache or stomachache. The practices are also useful for parents when overwhelmed during moments of impatience or anger when having to keep the peace and harmony of the family.

The Capacitar for Children Manual is available on our website store in several languages. For more resources: [www.capacitar.org](http://www.capacitar.org) and the Capacitar International YouTube videos of the basic practices.

## Acupressure Points for Children & Families

These points held gently while breathing deeply can release congested energy and alleviate pain and strong feelings.



### To Release Feelings of Anxiety

Press the point in the indentation on the outside of the crease of the wrist, down from the small finger. This point helps to calm oneself and to manage anxiety.



### For Fear & Chest Congestion

Cross your hands in front of your chest and with the fingertips locate points in the sensitive areas near the arm sockets. The points help alleviate feelings of fear as well as chest or lung congestion. These points can also be tapped like a butterfly to calm and self-soothe.



### Head Hold to Calm & Release Headaches

Place one hand gently across the forehead and the other hand over the base of the skull. The Head Hold helps to alleviate headaches and to calm oneself or another person in moments of strong feelings or overwhelm.



### For Overwhelm & Stomachache

With the fingertips hold the points under the cheekbones. If seated, you can lean forward on the knees or onto a table. Hold these points while breathing deeply imaging that all the feelings of overwhelm leave the body.



### For Shoulder Pain and To Release Worry

With your fingertips or palms gently hold the shoulders (or you can cross your arms if that is more comfortable). Breathe deeply and slowly to release pain or to let go of feelings of overwhelm and burdens of life. This area of the body is called "excess baggage."

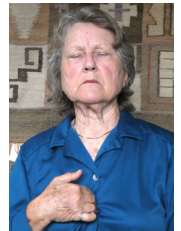


### To Calm & Stabilize Oneself

With the tip of your index finger, gently press the point under the nose on the upper lip area. This point is useful for dizziness, fainting, hypertension and to stabilize oneself. It can also be done on another person.

## Sea of Tranquility for Inner Peace

With the fingertips of either hand, gently press the center of the chest on the sternum while breathing slowly and deeply. This point helps to calm oneself during challenging moments, as well as for insomnia. You can visualize resting in a safe and sacred place while holding the point.



## Washing the Hands with the Fingerholds

Washing the hands for 20 seconds is now a global protocol recommended by health systems in most countries where there is sufficient water for hygiene. The following Capacitar exercise can be done washing the hands and at the same time clearing strong emotions. With overwhelming feelings, energy can become blocked or repressed, resulting in pain or congestion in the body. Hold and massage each finger rubbing down through the fingertip while washing. Exhale slowly to release and balance pent up feelings.

The following emotions are associated with each finger.

**Thumb**—tears, grief, sadness, emotional pain

**Index Finger**—fear, panic, terror

**Middle Finger**—anger, rage, resentment

**Ring Finger**—anxiety, preoccupation and nervousness

**Small Finger**—lack of self-esteem, victimhood

**To Finish:** Gently wash and hold the center of the palm to calm and soothe oneself. Children can also sing a short song while washing.

