Kid Reiki
Class Workbooks for Teaching Children

Chellie Kammermeyer • Cami Coté • April Walker

Manual Printing Instructions

This file contains three separate workbooks for teaching children and teens.
To print individual manuals, print the page numbers listed below for each.

Pages for each manual are numbered separately and begin with a cover page (1) without page number. Page numbering begins on page 2.



Kid Reiki Level One
Print pages 2 – 30
(Cover page – 29)



Kid Reiki Level Two
Print pages 31 – 50
(Cover page – 20)



Reiki for Teens
Print pages 51 – 80
(Cover page – 30)

The International Center for Reiki Training

APRIL WALKER,
CAMI COTÉ,
CHELLIE KAMMERMEYER

KID REIKI

LEVEL ONE





2025 Kid Reiki©

How We Say Reiki

Ray + Key

Ray like a ray of sunshine and ***Key*** like a key to a house.

Reiki is a simple, amazing hands-on healing technique discovered by Mikao Usui in the early 1900's in Japan.



2025 Kid Reiki©

Learning about Mikao Usui

Over one hundred years ago in Japan, there was a man named Mikao Usui. He was a kind and wise man who wanted to heal himself and help others.

Mikao Usui decided to go to a mountain to meditate and pray. He stayed there for 21 days, hoping to find the answers to his questions.

One day, while he was meditating, he felt a powerful energy come into the top of his head. This energy was full of love and healing power. This was the Reiki energy.

Mikao Usui went back down the mountain and started using the Reiki energy to heal people. He taught others how to use the Reiki energy, too. People all over the world still use Reiki today to help themselves and others feel better.

It's a special kind of energy that comes from love.

The word *Reiki* translated into English, means “Spiritually Guided Life Force Energy.”

2025 Kid Reiki©

Here is a photo of Mikao Usui.



2025 Kid Reiki©

Energy is in everything. It's in ourselves, our family, our pets, food, friends.

Reiki is easy to do. All you need to do is think "Reiki on," and Reiki will flow into you. Then you can use your hands to direct the Reiki to whomever you are planning to give it to. That can be a person, a plant, an animal. We will talk more about that later; however, just know, starting Reiki is very simple.

There are rituals many people use to start doing Reiki. We will explain them for you, and if you want to use them, you may. If you prefer to just think about Reiki and ask for it to start, you can choose that option. It really is simple.

When some people start Reiki, they use the three pillars of Reiki. Here they are so you can use them if you want to.

3 Pillars of Reiki

1. The first part of doing Reiki is to say, "Thank you!" This means you are grateful for the chance to be doing Reiki for whomever you are giving Reiki. This could be a family member, your pet, or yourself. Being thankful is an important first step. While you are saying your thanks, you can bring your hands together at your heart area. Some people call this putting your hands in a prayer position.
2. The second step is to move your hands up from your heart area to touch your forehead with your thumbs. This movement is to activate your imagination and inner knowledge. By doing this, you know where to put your hands during the Reiki treatment.
3. The third step is to do the Reiki treatment. You could follow the hand placement suggestions from later in the book, or you could see what seems like the best spot to start.

If you prefer, you can imagine doing these steps.

2025 Kid Reiki©



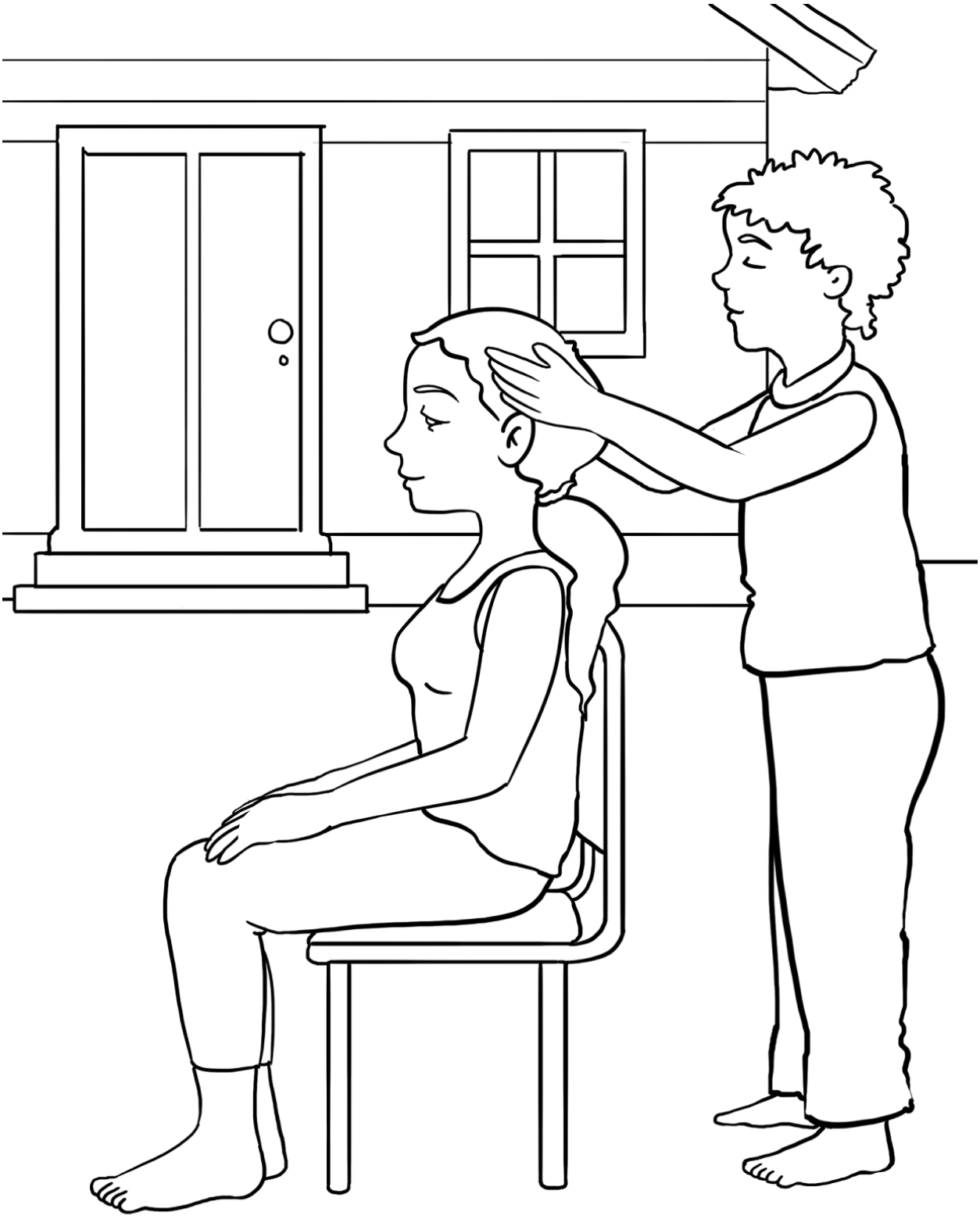
2025 Kid Reiki©

You can give Reiki to yourself.



2025 Kid Reiki©

To your family and friends.



2025 Kid Reiki©

To your pets



2025 Kid Reiki©

To your plants and your food.



2025 Kid Reiki©

Mr. Usui created guidelines for us to live by. We call them the Reiki Ideals.

Just for today, I release my anger.
I release my worries. I live my life with honesty.
I am grateful for my many blessings.
I am kind to every living thing, including myself.



2025 Kid Reiki©

Placement
A placement is the way you are connected to the Reiki energy. Everyone can be connected to Reiki. This is done by asking the energy to connect with you in a Reiki class.

There are several ways to feel Reiki energy yourself. You can place your hands on yourself. You can spend time outside. You can take walks with your family. You can put your hands on your heart as you are going to sleep at night. A great way to feel the Reiki connection is to spend time away from anything electronic (tv, iPad, phone, game device).

The Aura
You can do Reiki by placing your hands on someone, or you can do Reiki by putting your hands slightly above the person. An aura is the energy field around someone. We all have an aura. Sometimes, when you get close to someone, you can actually feel it.

2025 Kid Reiki©



2025 Kid Reiki©

Gassho (Ga-show) Means Two Hands Touching.
When you put your hands together at your heart, it is a way to say Thank you for being able to be connected to the Reiki energy.



Reiki Does No Harm
Reiki will never hurt anyone. The energy comes from the same place love comes from. If you are doing Reiki with love being the main focus, it will never hurt anyone.

Grounding to the Earth
As you are doing Reiki on yourself or someone else, a good idea is to imagine your feet are connected to the Earth. This helps you stay feeling like you can ask for a lot of energy to flow to the person receiving the Reiki energy.

2025 Kid Reiki©

Before Sending Reiki

It is important to ask before giving Reiki to anyone. If you are giving to an animal or a plant, you will get a sense of if they want to receive Reiki. If you are giving to a friend or someone who isn't a family member, it's a good idea to ask their parents if it's ok.



2025 Kid Reiki©

Drawing of How You Feel After Receiving the Reiki Energy Placement

2025 Kid Reiki©

Energy Cleaning

Reiki swipes off to the Earth - (Dry bathing)
In Japanese, this is called *Kenyoku*. This is a way to disconnect your energy from someone else. Remember, energy isn't good or bad; we all have energy. We all need to have our energy separate from each other.

The way to do this exercise is: Put your right hand on your left shoulder. Swipe down from your left shoulder across your body to your right hip. Then do the opposite. Put your left hand on your right shoulder and swipe down across your body to your left hip. And then again, swipe from the left shoulder across to the right hip. The next step is swiping down the top of your left arm with your right hand. Next is swiping down your right arm with your left hand. And then again, swipe your left arm with your right hand.

An easy way to do this is to count. Swipe, 1-2-3. Swipe 1-2-3.

Energy pulling
When you feel as if you have energy on your body or aura that feels too much, you can use your hands to pull off the extra energy. Then imagine it going down into the Earth. The Earth can then easily heal it, and it is no longer too much.

Hand washing
Donald T and Pam McMahon
After sending Reiki to people and animals, wash your hands with soap and water and sing this song.

A fun way to wash your hands is to sing a song while you are washing your hands. Here's one song you could use, but you can choose to sing anything.

Every little cell in my body is happy,
every little cell in my body is well. (2x)

I'm so glad, I'm so happy every little cell in my body is well. (2x)

Cross Crawl
Marching in place, touch your knee with the opposite hand and repeat with the other side. This is another good way to release any kind of stress you might be feeling.

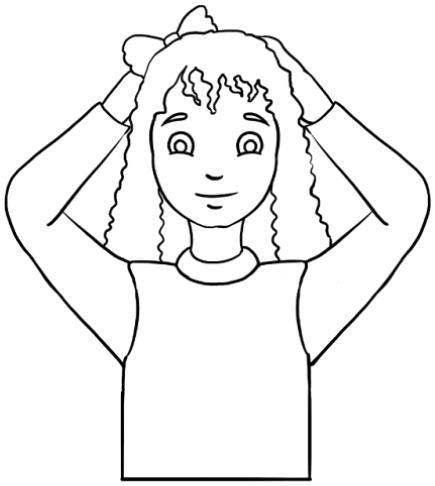
Trace your Hand
On this page, trace your hands and then color or draw what you notice when you are doing Reiki. This could be feelings or something you see or experience or imagine.

2025 Kid Reiki©

Hand Placements for Doing Reiki on Yourself





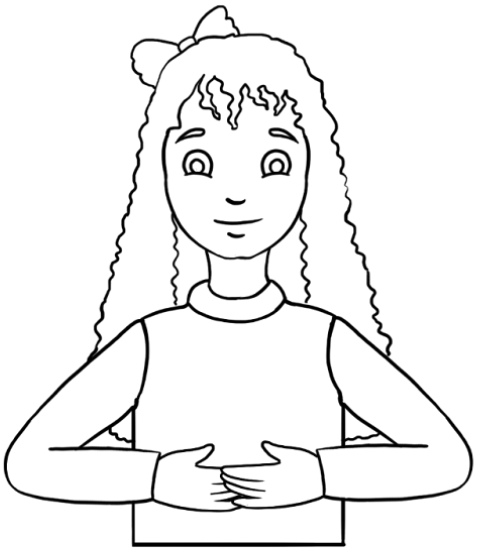


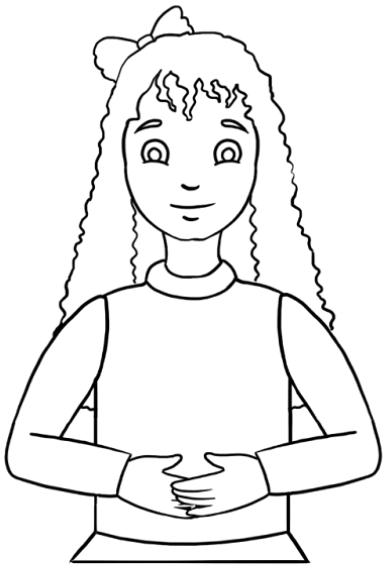


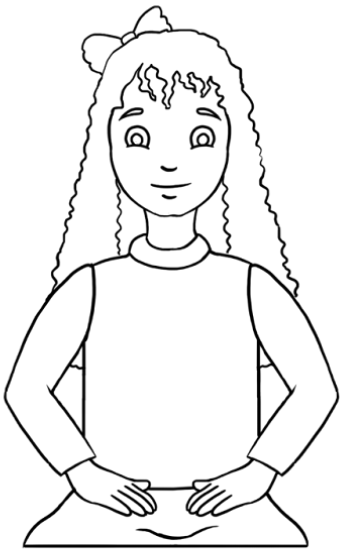


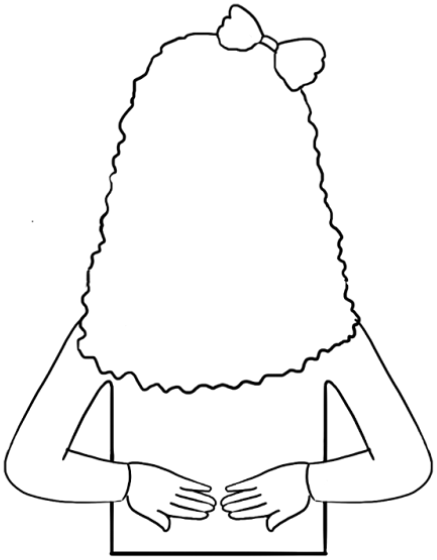


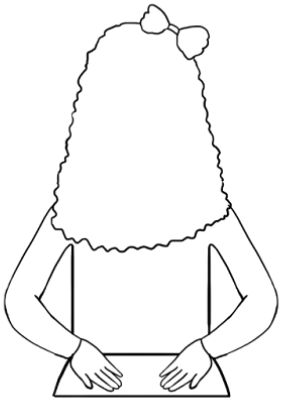
2025 Kid Reiki©









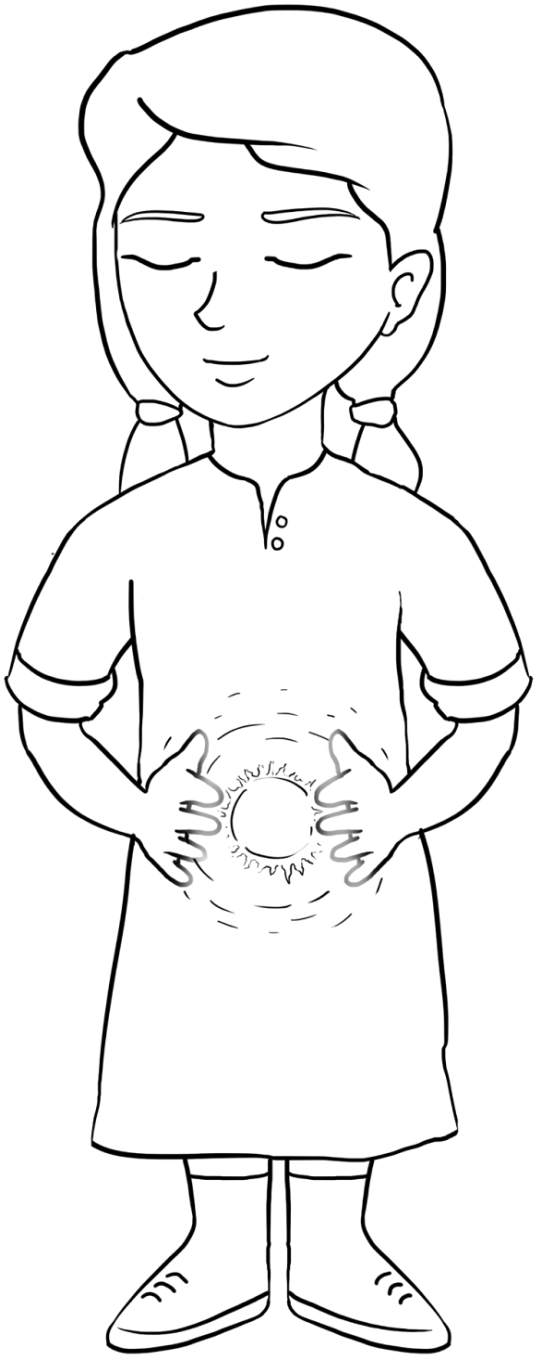






2025 Kid Reiki©

An Activity to Use with Reiki



You can imagine a ball of energy in your hands and toss it around the room or to your friends.

2025 Kid Reiki©

KID REIKI IDEALS



2025 Kid Reiki©

JUST
FOR TODAY



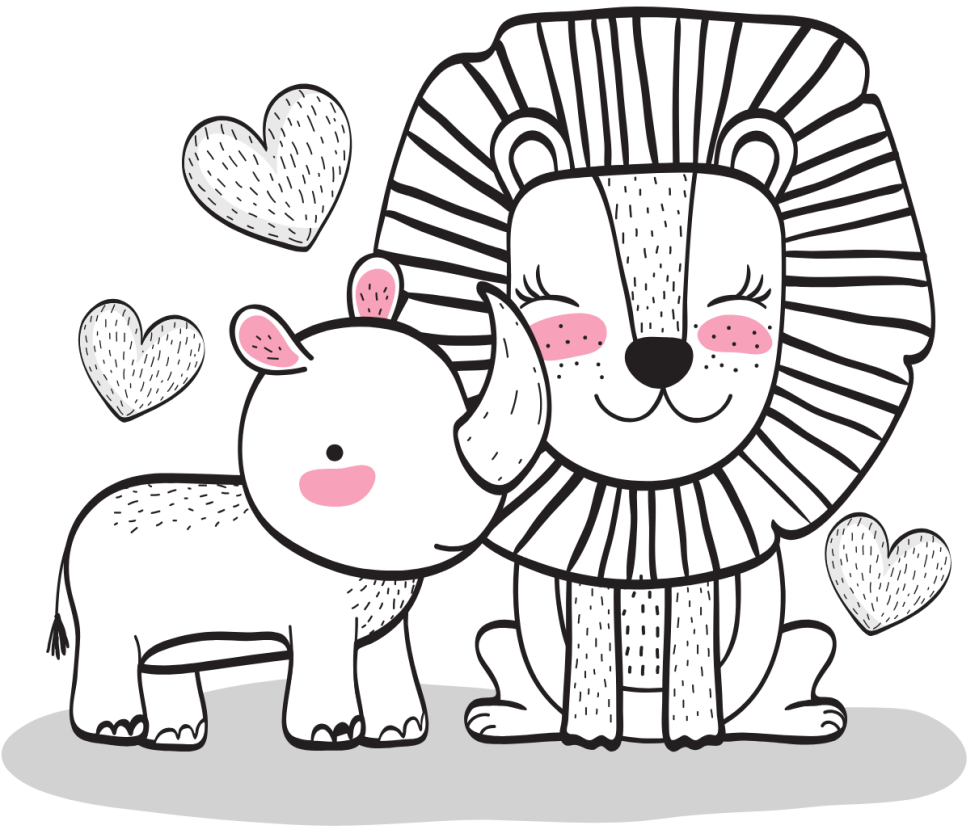
2025 Kid Reiki©

I RELEASE ANGER



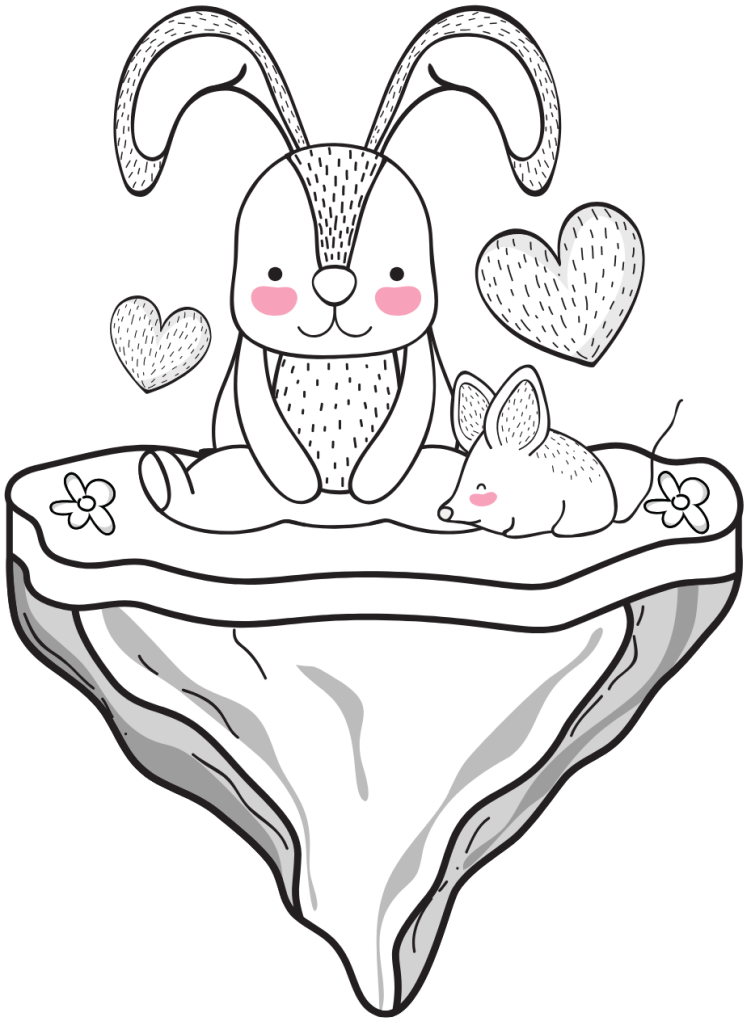
2025 Kid Reiki©

I RELEASE WORRY



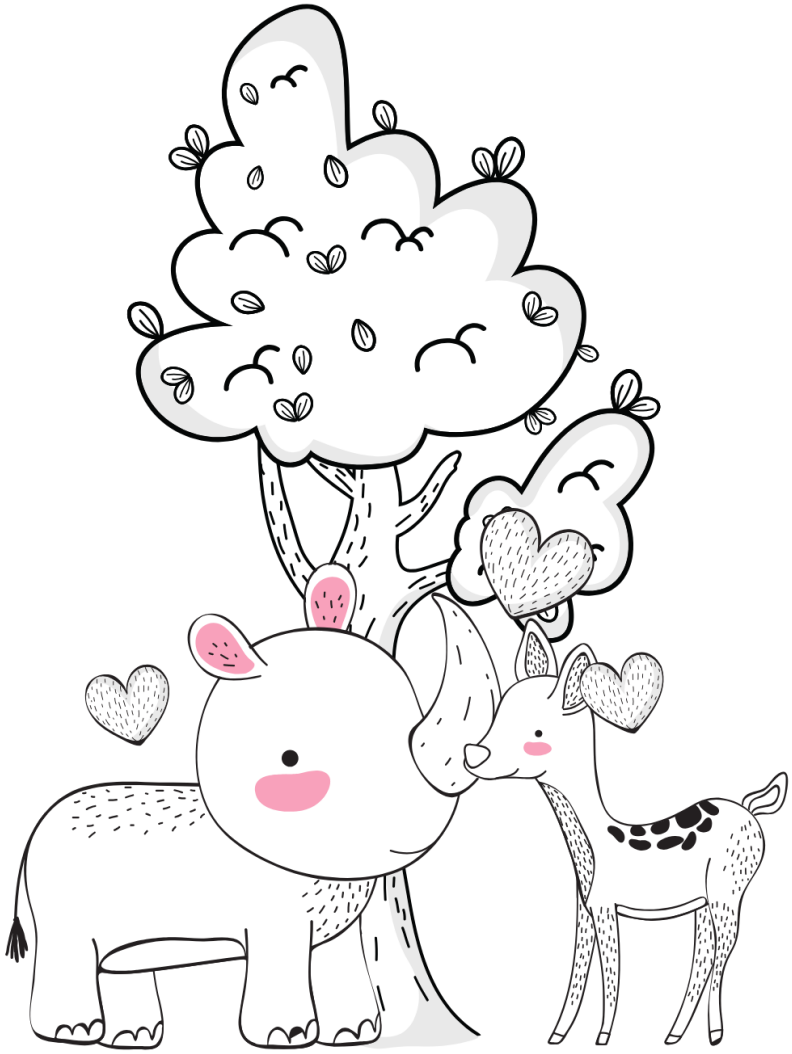
2025 Kid Reiki©

I AM GRATEFUL



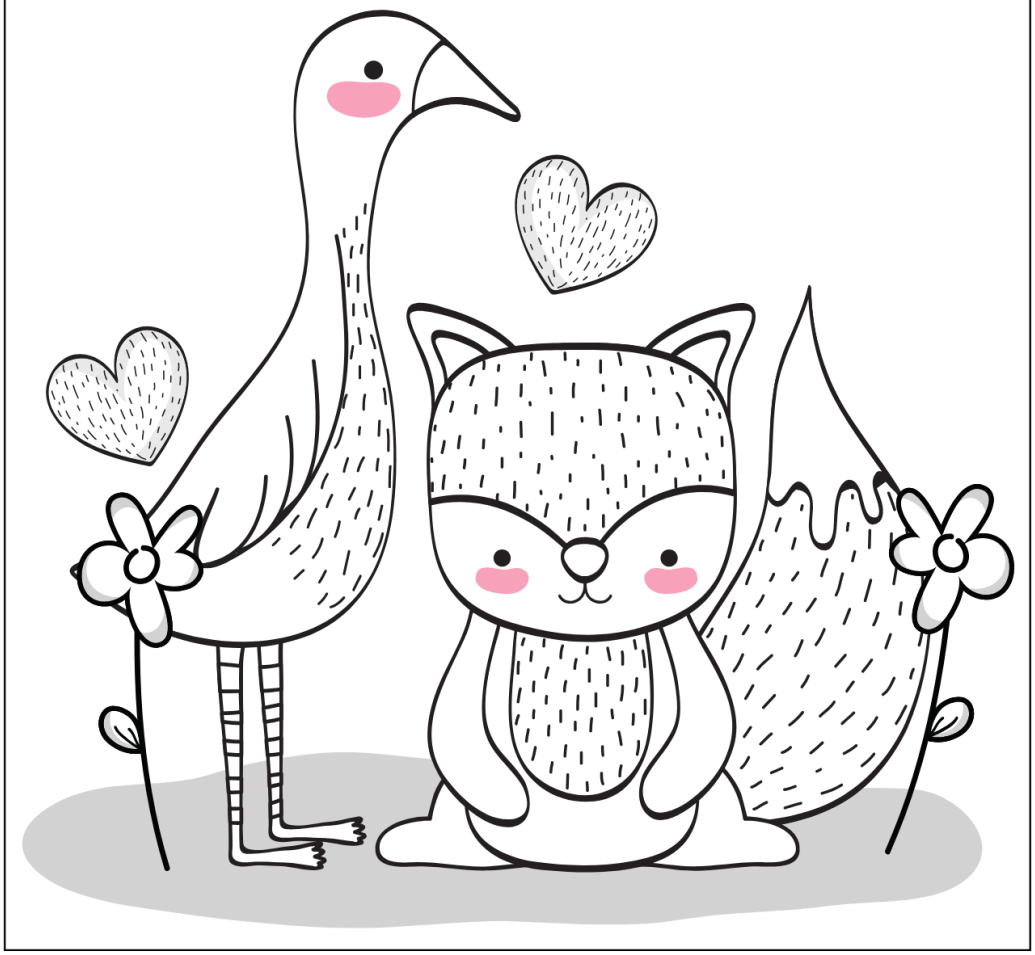
2025 Kid Reiki©

I AM HONEST



2025 Kid Reiki©

I AM
KIND



2025 Kid Reiki©

Thank you very much for attending this class.

This is just the beginning of your Reiki adventure.
Please use the rest of this page to draw how you are feeling now!

2025 Kid Reiki©

April Walker,
Cami Coté,
Chellie Kammermeyer

KID REIKI
LEVEL TWO

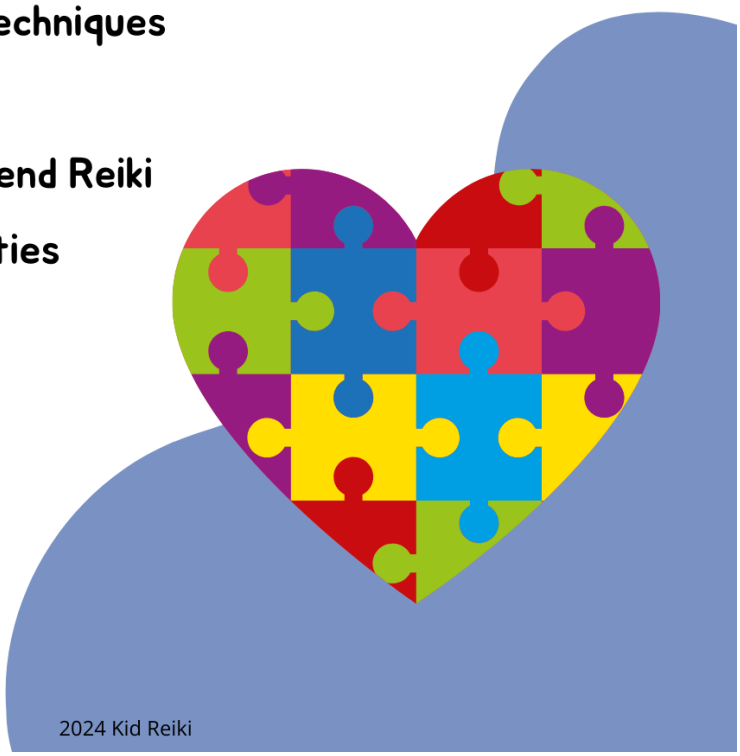


KID REIKI
Choose Your Own Adventure

2024 Kid Reiki©

Table of CONTENTS

- Kid Reiki Level I Review
- Chakras, Auras and Meridians
- Positive Habits
- Kid Reiki Divine Heart Symbol
- Kid Reiki Placement
- Kid Reiki Session Reminders
- Japanese Reiki Techniques
- Distance Reiki
- Other Ways to Send Reiki
- Self-Care Activities



2025 Kid Reiki©

Kid Reiki Level I Review

What is Reiki?
Spiritually-guided life force energy.

Reiki Principle Review
Just for today, I release anger
Just for today, I release my worries
Just for today, I will live my life honestly
Just for today, I will be grateful for all of my many blessings
Just for today, I will be kind to every living thing, including myself

Japanese Technique Review
Gassho - two hands coming together
Kenyoku - dry bathing technique

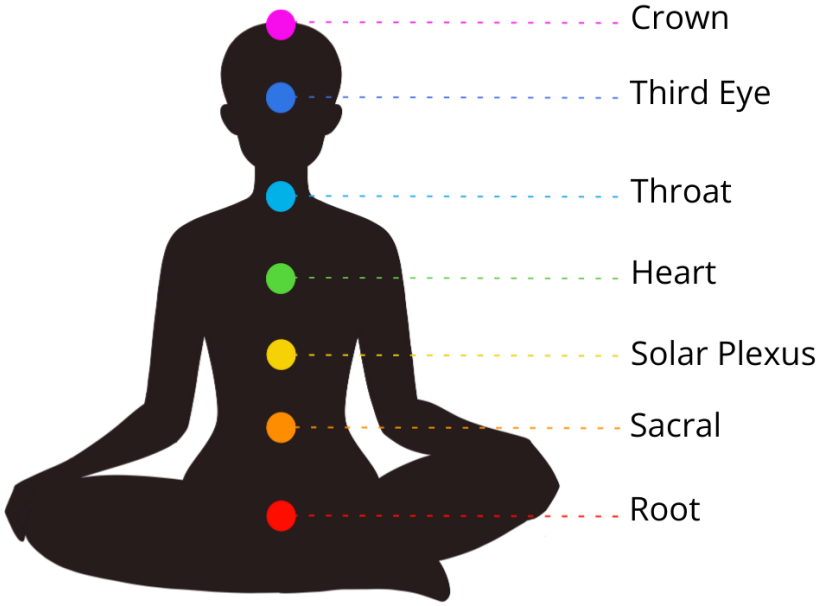
Grounding
Imagine your feet are connected to the earth to assist in sending Reiki to yourself and others.

Self-Reiki
Remember to do your Self-Reiki.

2024 Kid Reiki©

2025 Kid Reiki©

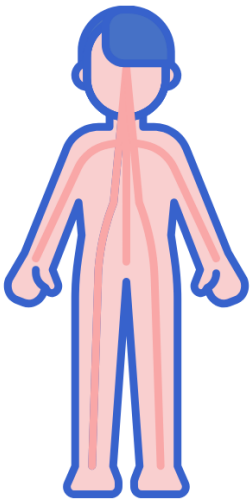
Chakras, Auras and Meridians



Aura Layers



Meridian Pathways



2024 Kid Reiki

2025 Kid Reiki©

Positive HABITS

Go out and inhale the fresh air occasionally

Eat healthy foods and make sure to stay hydrated

Positive Self-talk

Do Self-Reiki and receive from other family members

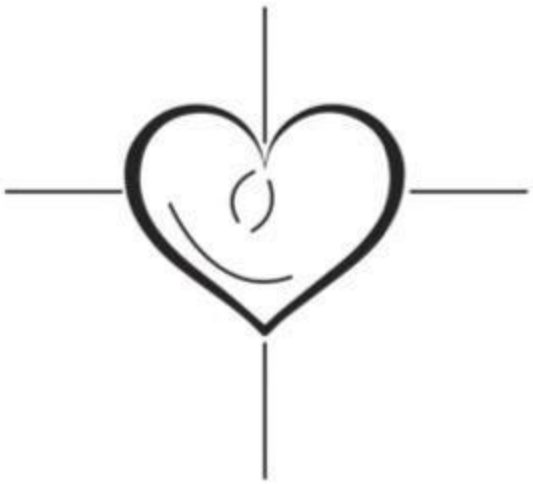
Turn off electronics one hour before bed

Do some fun activities with your family

2025 Kid Reiki©

Understanding the Kid Reiki Symbol

DIVINE HEART

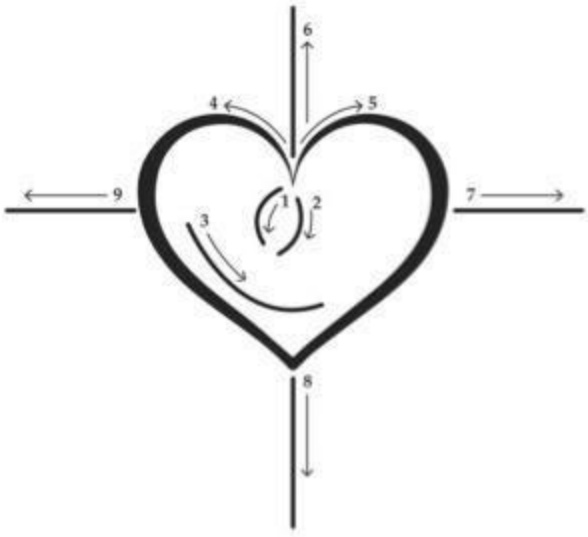


This symbol is called the Divine Heart Symbol and is the Kid Reiki symbol. It will enhance your Reiki as you are giving Reiki to yourself or another person. Use this symbol in-person or at the beginning of a distance Reiki session.



2024 Kid Reiki©

Drawing the Kid Reiki Symbol
DIVINE HEART



2024 Kid Reiki©

2025 Kid Reiki©

Kid Reiki Level II Placement

Write or draw about your placement experience:

2025 Kid Reiki©

Kid Reiki Session Reminders



Always ask for permission to give Kid Reiki to another person.

Always ask for permission to touch someone else.

When doing in-person hand's on Kid Reiki, never touch anywhere a swim suit would go.

Avoid breathing directly over a person's face.

Use a soft touch when your hands are over someone's eyes.

Be careful not to touch another person's throat.

It is always appropriate to give Kid Reiki in the aura if you choose.

Remember: Reiki does not cause harm.

2024 Kid Reiki©

2025 Kid Reiki©

Kid Reiki Japanese Reiki Techniques:

Byosen Scanning:
Use the hand you do not write with to check the energy of the person you're giving Kid Reiki to.





Gyoshi-ho:
Send Kid Reiki with your eyes.

Koki-ho:
Send Kid Reiki with your breath.



2025 Kid Reiki©

Enkaku Chiryo

DISTANCE REIKI

Reiki can be sent at a Distance to your loved ones.
Remember to ask permission to send Reiki.

#1: Gassho Meditation and give thanks.

#2: Draw the Divine Heart Symbol in both of your hands.

#3 Say Divine Heart 3X silently or out loud.

#4: Focus on whom you are sending Reiki to.

#5: Say the person's name you are sending distance Reiki to 3X.

#6: Send distance Reiki for as long as you feel guided.

#7: End distance Reiki session with thanks.

#8: Kenyoku.

2024 Kid Reiki©

2025 Kid Reiki©

Other ways to send Reiki:

Send Distance Reiki with a Teddy Bear





Send Reiki to the Earth

Send Reiki to your Water



Send Reiki to Medical Appointments



Send Reiki to your School Work



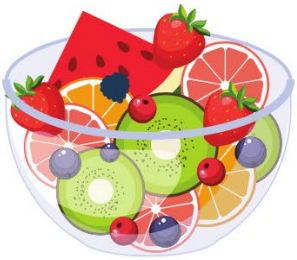


Send Reiki to Plants

Send Reiki to Animals



Send Reiki to your Food



2024 Kid Reiki©

2025 Kid Reiki©

Self-Care ACTIVITIES



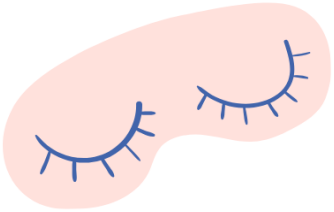
Do Self-Reiki



Take Time to Spend with Your Family



Spend Time in Nature



Self-Reiki before bed to have nice dreams

2024 Kid Reiki©

2025 Kid Reiki©

Reiki Self-Treatment

Hand positions



Place your hands over the face, cover the eyes with the palms.
(Eyes, sinuses, frontal lobes, facial muscles, third eye)



Cover the ears with the palms with fingers on the sides of the head.
(Ears, blood flow to the brain)



Palms to the top of the head with fingertips just touching.
(Scalp, cerebral cortex and crown)



Place your hands on the back of your head, palms at back of the scull.
(Cranial bones, base of the brain, upper cervical vertebra)



One palm to the throat, and one over the heart.
(Throat, lower jaw, thymus, thyroid, parathyroid, heart, lungs, upper thoracic vertebra and upper esophagus.



Place hands on your shoulders at the sides of the neck.
(Lower neck muscles, shoulders and mid-cervical vertebra)



Place hands over the upper stomach.
(Stomach, liver, gallbladder, spleen, adrenals, mid-thoracic vertebra, and solar plexus chakra)



Place hands over the middle stomach with fingers meeting at the navel.
(Transverse, colon, small intestines, pancreas and kidneys)



Place hands on a diagonal with base of hands near hip bones and finger tips over the pubic bone.
(Ascending and descending colon, small intestines, hips, lumbar vertebra)



Place hands on the middle back with fingertips touching.
(Upper lumbar vertebra, Kidneys, pancreas, and liver)



Place hands on lower back with fingertips over the sacrum.
(Lower lumbar vertebra, sacrum, reproductive organs)



Cup each foot with your hands.
(Feet, legs, and bodies energy systems)



Holding both feet.
(Feet, legs, and bodies energy systems)

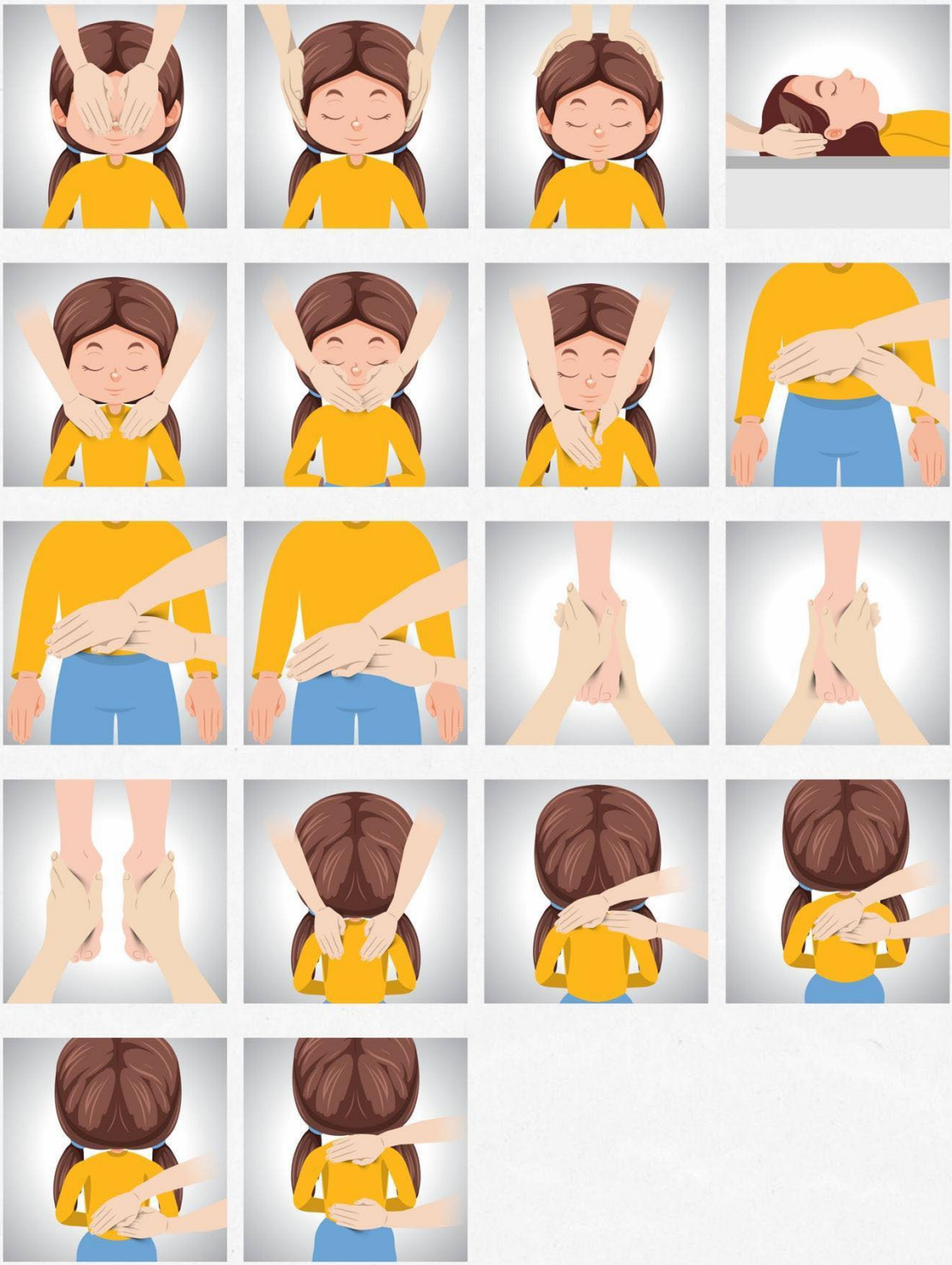


Holding both feet, hands crossed over.
(Feet, legs, and bodies energy systems)

©copyright KidReiki

Reiki Treatment

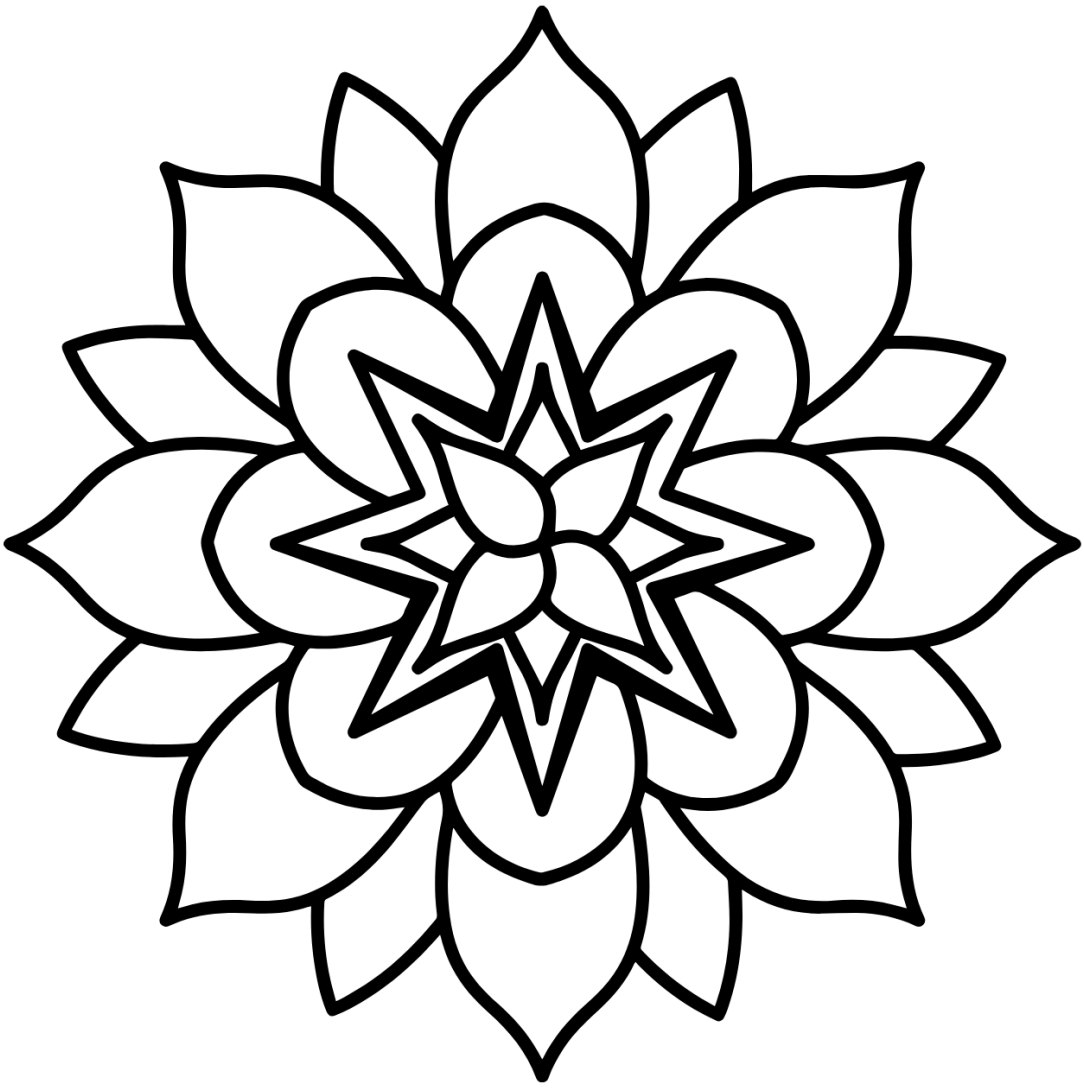
Hand positions



2025 Kid Reiki©

Reiki Coloring Exercise

Reiki Mandala



2024 Kid Reiki

2025 Kid Reiki©

Kid Reiki Notes



2025 Kid Reiki©

Kid Reiki Notes



2025 Kid Reiki©

Kid Reiki Friends' Autographs



2025 Kid Reiki©

Kid Reiki Class

REVIEW

After the Kid Reiki class, write your review below!

WHAT HAVE I LEARNED?

WHOM WILL I SEND REIKI TO FIRST?

WHAT WAS MY FAVORITE PART OF CLASS?

2024 Kid Reiki©

2025 Kid Reiki©



REIKI FOR TEENS

A KID REIKI CLASS

APRIL WALKER
CAMI COTE
CHELLIE KAMMERMEYER

Table of CONTENTS

- Reiki Basics
- Reiki History
- Chakras, Auras and Meridians
- Positive Habits
- Kid Reiki Divine Heart Symbol
- Kid Reiki Placement
- Kid Reiki Session Reminders
- Japanese Reiki Techniques
- Distance Reiki
- Other Ways to Send Reiki
- Self-Care Activities



2025 Kid Reiki©

Reiki for Teens
A Kid Reiki Class

What is Reiki?
Spiritually-guided life force energy.

Reiki Principle Review
Just for today, I release anger
Just for today, I release my worries
Just for today, I will live my life honestly
Just for today, I will be grateful for all of my many blessings
Just for today, I will be kind to every living thing, including myself

Japanese Technique Review
Gassho - two hands coming together
Kenyoku - dry bathing technique

Grounding
Imagine your feet are connected to the earth to assist in sending reiki to yourself and others.

Self-Reiki
Remember to do your Self-Reiki.

2024 Kid Reiki©

2025 Kid Reiki©

How we say Reiki

Ray + Key

Ray like a ray of sunshine and *Key* like a key to a house.



Reiki is a simple, amazing hands-on healing technique discovered by Mr. Mikao Usui in the early 1900's in Japan.



2024 Kid Reiki©

2025 Kid Reiki©

Usui Sensei



Over one hundred years ago in Japan, there was a man named Mikao Usui. He was a kind and wise man who wanted to heal himself and help others.

Mr. Usui decided to go to a mountain to meditate and pray. He stayed there for 21 days, hoping to find the answers to his questions.

One day, while he was meditating, he felt a powerful energy come into the top of his head. This energy was full of love and healing power. This was the Reiki energy.

Mr. Usui went back down the mountain and started using the Reiki energy to heal people. He taught others how to use the Reiki energy too. People all over the world use Reiki today to help themselves and others feel better.

It's a special kind of energy that comes from love.

The word *Reiki* translated into English means Spiritually-Guided Life Force Energy.

2024 Kid Reiki©

2025 Kid Reiki©

Energy is in everything. It's in ourselves, our family, our pets, food, friends.



Reiki is easy to do. All you need to do is think "Reiki on" and Reiki will flow into you. Then you can use your hands to direct the Reiki to whomever you are planning to give it to. That can be a person, a plant, an animal. We will talk more about that later; however, just know starting Reiki is very simple.

There are rituals many people use to start doing Reiki. We will explain them for you, and if you want to use them, you may. If you prefer to just think about Reiki, and ask for it to start, you can choose that option. It really is simple.

When some people start Reiki they use the three pillars of Reiki. Here they are so you can use them if you want to.

2024 Kid Reiki©

2025 Kid Reiki©

3 Pillars of Reiki

1. The first part of doing Reiki is to say, “Thank you!” This means you are grateful for the chance to be doing Reiki for whomever you are giving Reiki. This could be a family member, your pet, or yourself. Being thankful is an important first step. While you are saying your thanks, you can bring your hands together at your heart area. Some people call this putting your hands in a prayer position.
2. The second step is to move your hands up from your heart area to touch your forehead with your thumbs. This movement is to activate your imagination and inner knowledge. By doing this, you may get an idea of where to put your hands during the Reiki treatment.
3. The third step is to do the Reiki treatment. You could follow the hand placement suggestions from later in the book or you could see what seems like the best place to start.

You can also imagine doing these steps if you would rather.

Gassho (Ga-show) means 2 hands touching.
When you put your hands together at your heart, it is a way to say Thank you for being able to be connected to the Reiki energy.



2025 Kid Reiki©

Reiji-ho (Ray Jee Ho) means “indication of the spirit.”
It is a gesture where we bring our thumbs to our third eye to ask Reiki to help us find the places we or our person we are giving Reiki to need Reiki the most.



Chiryo (Cheer Ee Oo) means “Reiki treatment.”
Follow your inner guidance on how to best to give yourself or another Reiki. You can use the hand positions suggested in this book, giving Reiki with your hands on or off the body.



2024 Kid Reiki©

2025 Kid Reiki©

Reiki does no harm

Reiki will never hurt anyone. The energy comes from the same place love comes from. If you are doing Reiki with love as the main focus, it will never hurt anyone.



Grounding to the earth

As you are doing Reiki on yourself or someone else, a good idea is to imagine your feet are connected to the Earth. This helps you feel like you can ask for a lot of energy to flow to the person receiving the Reiki energy.



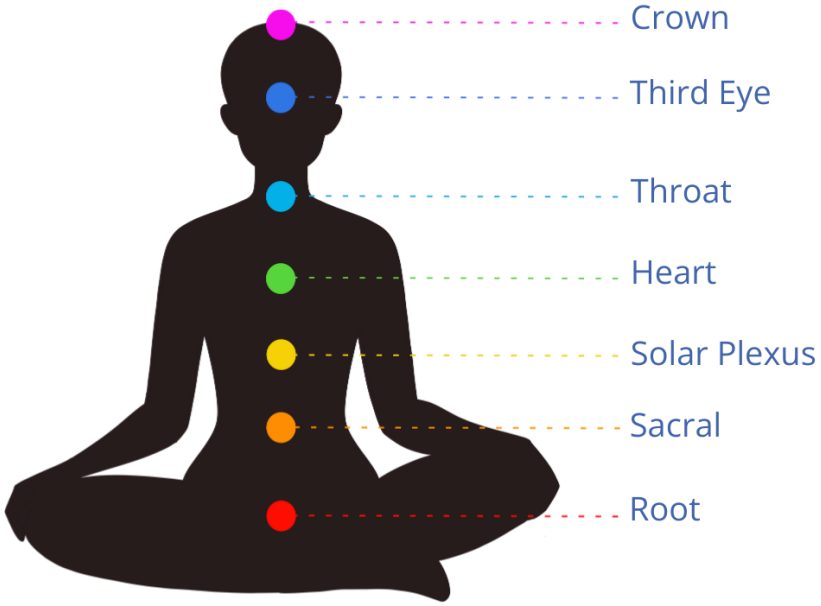
Before sending Reiki

It is important to ask before giving Reiki to anyone. If you are giving to an animal or a plant, you will get a sense of if they want to receive Reiki. If you are giving to a friend or someone who isn't a family member, it's a good idea to ask their parents if it's ok.

2024 Kid Reiki©

2025 Kid Reiki©

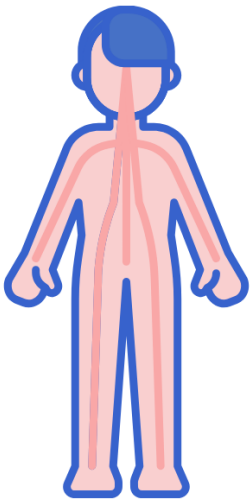
Chakras, Auras and Meridians



Aura Layers

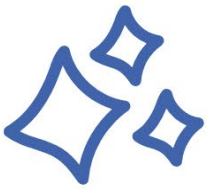


Meridian Pathways



2025 Kid Reiki©

Positive HABITS



Go out and inhale the fresh air occasionally

Eat healthy foods and make sure to stay hydrated

Positive Self-talk

Do Self-Reiki and receive from other family members

Turn off electronics one hour before bed

Do some fun activities with your family

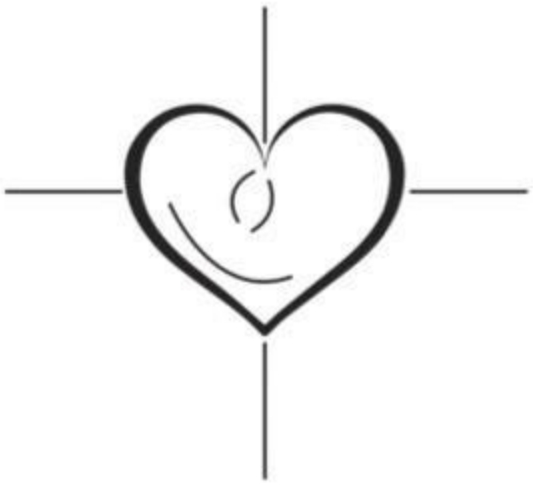


2024 Kid Reiki©

2025 Kid Reiki©

Understanding the Kid Reiki Symbol

DIVINE HEART



This symbol is called the Divine Heart Symbol and is the Kid Reiki symbol. It will enhance your Reiki as you are giving Reiki to yourself or another person. Use this symbol in-person or at the beginning of a distance Reiki session.

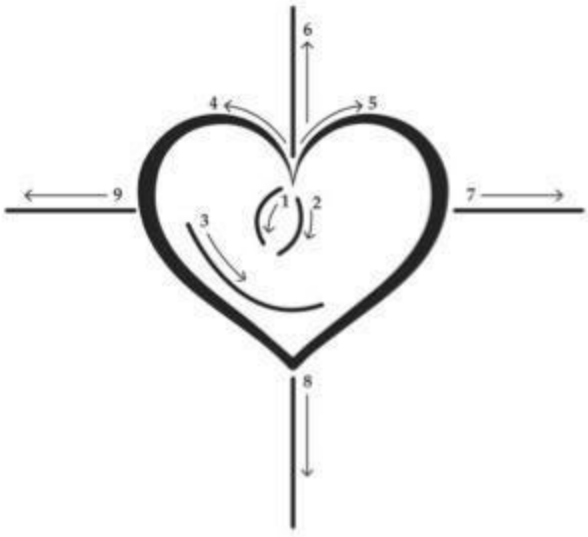


2024 Kid Reiki©

2025 Kid Reiki©

Drawing the Kid Reiki Symbol

DIVINE HEART



2024 Kid Reiki©

2025 Kid Reiki©

Kid Reiki Placement

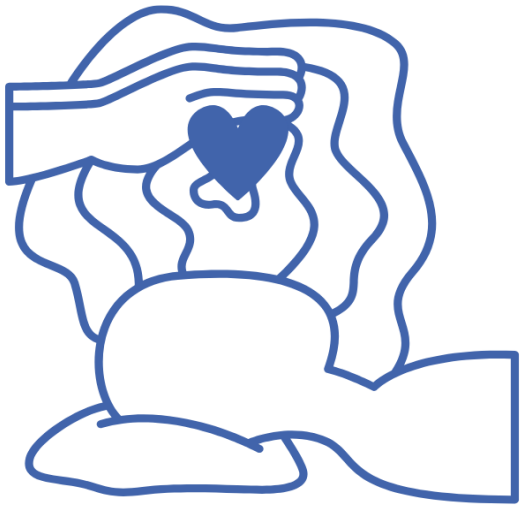
The Reiki placement is the way you are connected to the Reiki energy. Everyone can be connected to Reiki. This is done by asking the energy to connect with you in a Reiki class.

Write or draw about your placement experience:



2025 Kid Reiki©

Kid Reiki Session Reminders



Always ask for permission to give Kid Reiki to another person.

Always ask for permission to touch someone else.

When doing in-person hands on Kid Reiki, never touch anywhere a swim suit would go.

Avoid breathing directly over a person's face.

Use a soft touch when your hands are over someone's eyes.

Be careful not to touch another person's throat.

It is always appropriate to give Kid Reiki in the aura if you choose.

Remember: Reiki does not cause harm.

2024 Kid Reiki©

2025 Kid Reiki©

Reiki Self-Treatment

Hand positions



Place your hands over the face, cover the eyes with the palms.
(Eyes, sinuses, frontal lobes, facial muscles, third eye)



Cover the ears with the palms with fingers on the sides of the head.
(Ears, blood flow to the brain)



Palms to the top of the head with fingertips just touching.
(Scalp, cerebral cortex and crown)



Place your hands on the back of your head, palms at back of the scull.
(Cranial bones, base of the brain, up per cervical vertebra)



One palm to the throat, and one over the heart.
(Throat, lower jaw, thymus, thyroid, parathyroid, heart, lungs, upper tho racic vertebra and upper esophagus.



Place hands on your shoulders at the sides of the neck.
(Lower neck muscles, shoulders and mid-cervical vertebra)



Place hands over the upper stomach.
(Stomach, liver, gallbladder, spleen, adrenals, mid-thoracic vertebra, and solar plexus chakra)



Place hands over the middle stomach with fingers meeting at the navel.
(Transverse, colon, small intestines, pancreas and kidneys)



Place hands on a diagonal with base of hands near hip bones and finger tips over the pubic bone.
(Ascending and descending colon, small intestines, hips, lumbar vertebra)



Place hands on the middle back with fingertips touching.
(Upper lumbar vertebra, Kidneys, pancreas, and liver)



Place hands on lower back with fingertips over the sacrum.
(Lower lumbar vertebra, sacrum, reproductive organs)



Cup each foot with your hands.
(Feet, legs, and bodies energy systems)



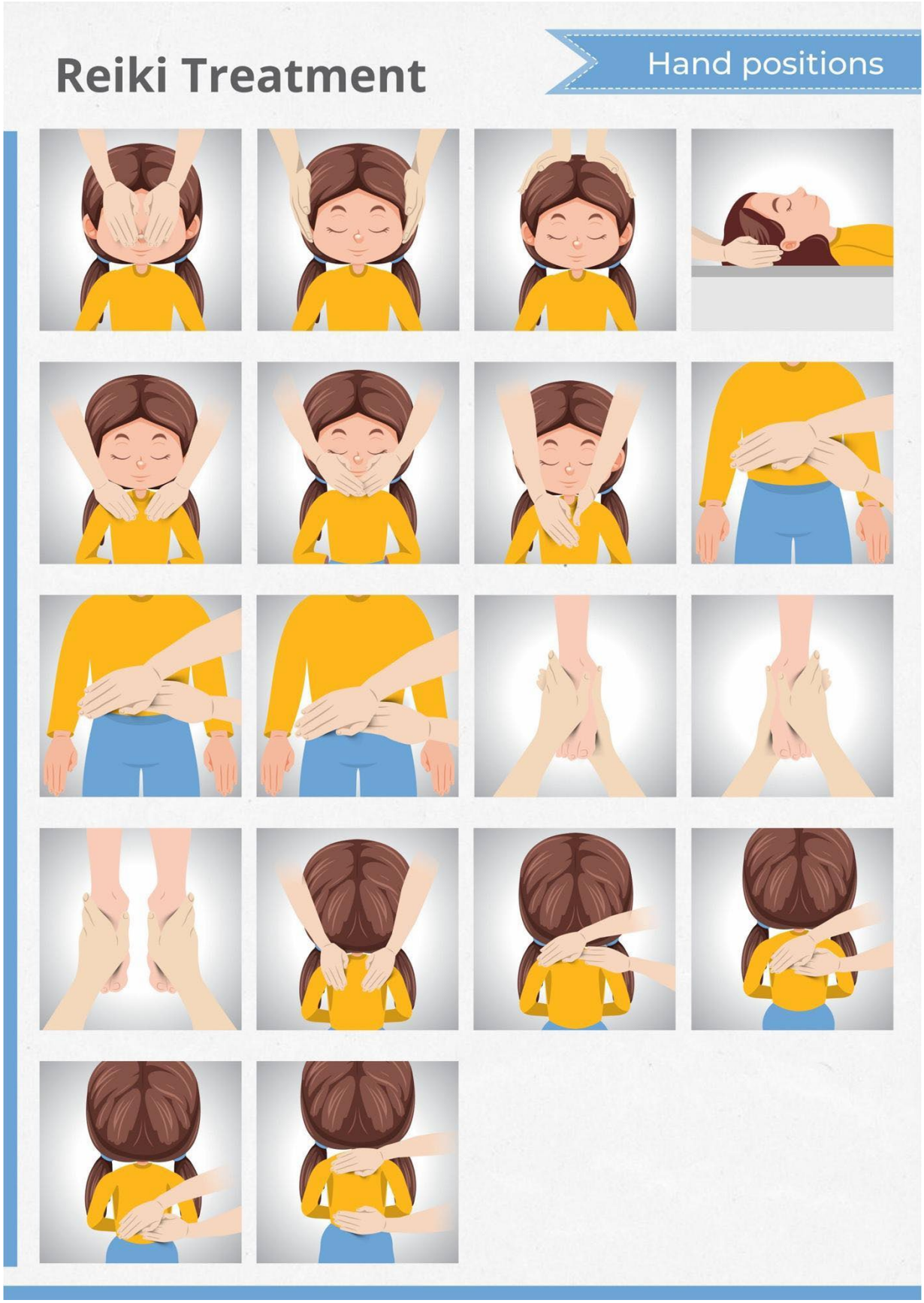
Holding both feet.
(Feet, legs, and bodies energy systems)



Holding both feet, hands crossed over.
(Feet, legs, and bodies energy systems)

©copyright KidReiki

2025 Kid Reiki©



2025 Kid Reiki©

Kid Reiki Japanese Reiki Techniques:

Byosen Scanning:
Use the hand you do not write with to check the energy of the person you're giving Kid Reiki to.





Gyoshi-ho:
Send Kid Reiki with your eyes.

Koki-ho:
Send Kid Reiki with your breath.



2025 Kid Reiki©

Enkaku Chiryo
DISTANCE REIKI

Reiki can be sent at a Distance to your loved ones.
Remember to ask permission to send Reiki.

#1: Gassho Meditation and give thanks.

#2: Draw the Divine Heart Symbol in both of your hands.

#3 Say Divine Heart 3X silently or out loud.

#4: Focus on whom you are sending Reiki to.

#5: Say the person's name you are sending distance Reiki to 3X.

#6: Send distance Reiki for as long as you feel guided.

#7: End distance Reiki session with thanks.

#8: Kenyoku.

2024 Kid Reiki©

2025 Kid Reiki©

Other ways to send Reiki:

Send Distance Reiki with a Teddy Bear





Send Reiki to the Earth

Send Reiki to your Water



Send Reiki to Medical Appointments



Send Reiki to your School Work



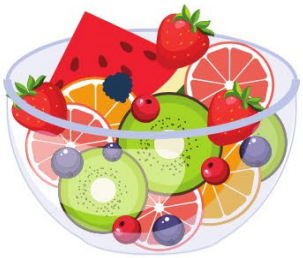


Send Reiki to Plants

Send Reiki to Animals



Send Reiki to your Food



2024 Kid Reiki©

2025 Kid Reiki©

REIKI NOTES



REIKI NOTES



Reiki for Teens
A Kid Reiki Class Notes





2025 Kid Reiki©

Reiki for Teens
A Kid Reiki Class Notes





2025 Kid Reiki©

21 - Day Self-Treatment Tracker

2024 Kid Reiki

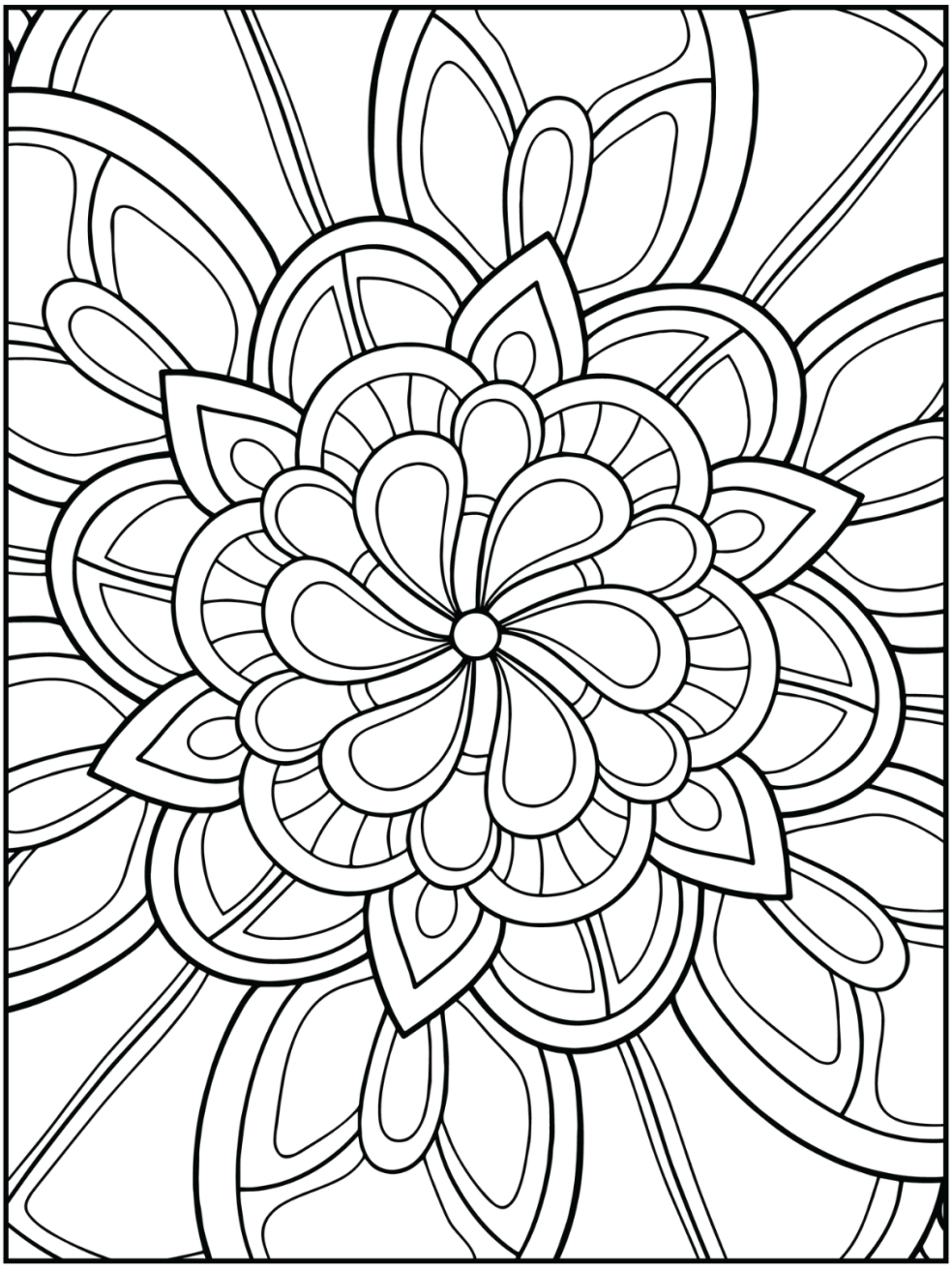
2025 Kid Reiki©



2024 Kid Reiki

2025 Kid Reiki©

Relaxing Mandala



2024 Kid Reiki

2025 Kid Reiki©

GRATITUDE JOURNAL

DATE

- THINGS I AM GRATEFUL FOR TODAY..

- TODAY I AM PROUD OF..

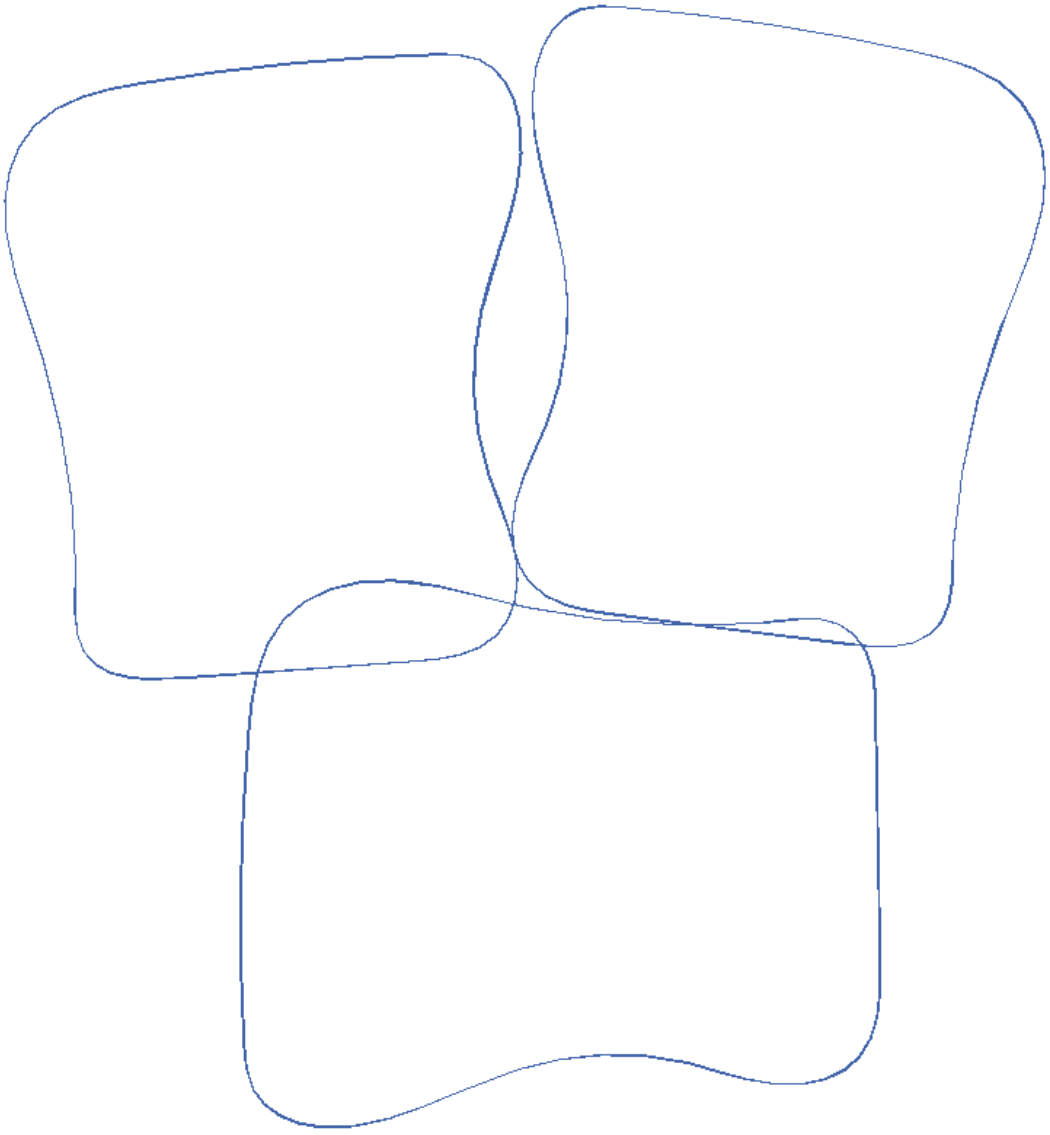
- TODAY'S AFFIRMATION IS...

2025 Kid Reiki©

DRAW

THREE THINGS

that you are grateful for today



2025 Kid Reiki©

Reiki for Teens

A Kid Reiki Class



REVIEW

After the Kid Reiki class , write your review below!

WHAT HAVE I LEARNED?

WH0M WILL I SEND REIKI TO FIRST?

WHAT WAS MY FAVORITE PART OF CLASS?

2024 Kid Reiki©

2025 Kid Reiki©