

## How to get the MISP into your area:

- \* invite an MISP instructor to your school or nursery to implement the massage programme with the children
- \* become an MISP instructor and work with children and/or families

## The programme consists of:

- \* The formal child-to-child massage routine, for 4 – 12 year olds, done over the clothes on the back, head and arms
- \* touch activities and massage stories to help bring the curriculum alive and spark creativity
- \* mini MISP, adapted for 2 & 3 year olds
- \* parent and child MISP, bringing massage into the family

The children always ask permission from each other before they begin massage and say thank you when finished. A slot of 10 – 15 minutes can be incorporated into the school day for the massage and/or touch activities.



For further information, please visit  
[www.misascotland.org.uk](http://www.misascotland.org.uk) or contact:



# Massage in Schools Programme



The original child-to-child massage programme, internationally renowned, improving children's quality of life in school and at home. The vision of the Massage in Schools Programme is that every child attending school experiences positive and nurturing touch everyday... everywhere in the world

[www.misascotland.org.uk](http://www.misascotland.org.uk)



## What is Massage in Schools?

The Massage in Schools Programme (MISP) was introduced to the UK in 2000 by its founders, Mia Elmsater and Sylvie Hetu. The programme is well structured, yet simple, making it easy for teachers to incorporate into the daily routine of the classroom. This is a peer massage programme,

in which only children massage children, whilst the adults (teacher/assistant) observe and facilitate the routine. It intends to give children the chance to experience positive, nurturing touch at school in a safe and creative way.

## Schools in Scotland

*Curriculum for Excellence* is a whole school approach which promotes the physical, social, mental and emotional wellbeing of all pupils and staff and develops the four capacities of: Successful Learners, Confident Individuals, Effective Contributors and Responsible Citizens. The Massage in Schools Programme addresses these capacities perfectly, with its development of positive communication, its inclusive nature, its ethos of respect for self and others and its proven effect on concentration levels.



**Benefits of Massage in Schools.** The benefits of MISP are many. Schools throughout the UK who have implemented the Massage in Schools Programme have noticed the following benefits to children and the school in general:

- \* Improved **concentration**
- \* Improved **co-operation**
- \* Increased self-esteem/ **confidence**
- \* Reduction in aggressive **behaviour** and bullying
- \* **Calmer** classroom environment
- \* Children, especially those with ADHD, develop better motor **skills**
- \* Greater **ability** to work independently and in groups
- \* A feeling of being individually **acknowledged**
- \* Empathy and respect in **communicating**
- \* Ability to **recognise** difference between good and bad touch
- \* More relaxed and **focused** feeling in the school generally

"When I have massage I feel relaxed"

"I like massage because it helps me with my work and with my ideas"



"When we do massage, everyone immediately calms"

(primary teacher)

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around."

Leo Buscaglia