**Funded by MISA Scotland**

**Massage in Schools Programme – Online Classes
Dates/time of block of classes: July 2020 – Wednesdays 4-4:40pm**

**Instructor Feedback Form
Instructor name: Claire Houston**

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| Weeks: | Touch/Movement Activity | Participants (ie, mum, 2 children aged 5 & 7…) | Observations: beginning and end of class. Any questions, comments during Q&A? What went well? What was challenging? What could be improved / changed?  |
|  1 | Relaxation at start – self massage and tappingThe Rainbow Massage | Mum with daughter age 7; mum with twin boys age 9; mum with son age 5 and daughter, 3; mum with three daughter age 6, 4 and 1 | First class – it took the children a wee while to relax into massage but once they did, it was clear that they really enjoyed it. The mums with younger daughters with them both found it a little tricky to massage because their youngest child was a bit distracting.Mums – “I think she’s ready for a sleepy now”; “really lovely”A mum later emailed me to say she had noticed that her son was much more “settled” in the afternoon.Children – “I liked the rainbows”; “I liked the clouds the best” |
|  2 | Relaxation at start – arm movements (‘acting out’ different types of weather)The Rainbow MassageThe Weather Massage | Mum with twin boys age 9; mum with three daughters age 6, 4 and 1 (but older children ran off leaving her with the 1 year old!) | The children relaxed into massage much quicker this time – the twins were especially eager to start. One of the boys decided to massage his mum during the Weather Massage (very seriously, and it was lovely to see).Mum – disappointed that her older daughters wouldn’t join in but was surprised at how her youngest daughter then allowed massage “special time with one daughter” |
|  3 | Relaxation at start – arm stretches and movementsThe Pizza Massage The Weather Massage (I let the children vote for either Weather or Rainbow Massage) | Mum with daughter age 7; mum with twin boys age 9; mum with son age 5 and daughter, 3;  | It is clear that the children are familiar with what happens in the sessions and they know what to expect. One family joined the session from their family holiday (a benefit of online classes!).One family couldn’t join us today, but mum messaged me to say that her daughters were regularly requesting the Rainbow Massage at home.Mum and daughter – daughter wasn’t keen to attend session today but was “really glad she did it”Boy – “I feel sleepy!” |
|  4 | Relaxation at start – self massageThe Caterpillar MassageThe Pizza Massage (I let the children vote for Pizza, Weather or Rainbow Massage) | Mum with twin boys age 9; mum with son age 5 and daughter, 3; mum with three daughter age 6, 4 and 1; mum with daughter age 8 and son age 5 | A lovely final session with this group; and I invited a friend along who missed learning the Caterpillar Massage in a previous course that I had run. The children were excited to learn a new story massage today. They really enjoyed voting for their favourite one! Two children chose to massage their mums for the second story. Mums commented on their enjoyment of the course and spending quality time with their children.  |

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| Final comments |
| I have really valued the opportunity of lockdown to deliver story massage to families via Zoom. Under normal circumstances, I would not have been able to do this! This course in July, was my fourth online course of story massage – I have worked with 14 families in total. Some written feedback I received from the parents in this group included….“[I enjoyed] slowing down a bit and connecting with each other”“such a connective class that forces focus with no distractions”“Ben says the massage helps him feel calm and he really likes the stories, especially the pizza one because it makes him hungry!”“a really relaxed class that the kids (5&3) have enjoyed” |

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