



"The Massage in Schools Programme is a fun, whole-school strategy for promoting respect and reducing bullying."

John Stead

NSPCC Education Advisor and DfES anti-bullying co-ordinator for West Yorkshire, 2005.



since 2004

"If you have a child leaving school with high self-esteem then the education system has achieved its greatest goal. MISP helps do this and addresses the needs of children by developing their emotional intelligence. It has the potential and power to be an agent of change - transforming a school's culture."

Roger Brown

Senior Consultant, Cambridge Education Lead Ofsted Inspector and International Education Consultant, 2005.

MISA (EWNl) is a non-profit organisation that was formed in 2003 following the pioneering work of Mia Elmsäter of Sweden and Sylvie Héту of Canada, founders of the Massage in Schools Programme. The Association works to promote the Programme and its vision alongside the provision of quality instructor training and support for all its members. It has been an active member of the Anti-Bullying Alliance since 2004. Produced by the Massage in Schools Association (EWNl) © 2012.

MISP must be introduced by a trained instructor. For further information including course details, see www.misa.org.uk or please contact:



MISP can be used in schools, after-school clubs and at home with the family



Mother and daughter

EMPATHY • RESPECT • CONCENTRATION • WELL-BEING

What is the Massage in Schools Programme?

The Massage in Schools Programme (MISP) is an evidence-based, child-to-child internationally respected massage programme.

A nationally recognised anti-bullying strategy since 2004.

MISP was introduced into the UK in 2001.

MISA (EWNl) CIC
Acorn House
74-94 Cherry Orchard Road
Croydon
Surrey
CR0 6BA
Tel: 020 8681 1900
Email: admin@misa.org.uk
www.misa.org.uk
www.messageinschools.com





How it works

- A fun, daily, 10-15 minute adult-led peer massage routine
- Massage is given **only** by children, to other children
- Massage is given over clothes and only to the back, neck, head, arms and hands
- Received and given **only** with the **child's permission**
- MISP is an inclusive programme for children aged 4-12 years old
- MISP encourages learning through positive touch games and activities and by creating massage stories
- MISP is suitable as a classroom activity or in other child-centred environments, like after school clubs

Benefits for children, teachers and their schools

- Creates a safe and happy learning environment
- Helps develop concentration and memory
- Fosters physical development through creative, kinaesthetic motor skills
- Develops respect for others and increases social inclusion and empathy
- Enables children to distinguish between appropriate and inappropriate touch
- Has resulted in a significant reduction in bullying and aggression
- An inclusive activity enjoyed by children that engages with the diverse needs of all pupils
- Enhances a school's mission statement and ethos



What parents say about MISP...

"Neil came home full of enthusiasm for the Programme. We all now have free massages, including his disabled sister. Great idea!" (Year 5)

"Oliver is thoroughly enjoying his massage sessions and it is helping him learn respect for others and their space" (Year 1)



What teachers say about MISP...

"Children are more caring to each other, especially those who have not shown this side of their nature"

"Gives children the opportunity to succeed and shine"

"Children have learnt how to respect each other and be polite"



What children say about MISP...

"Massage makes me feel happy and I have loads more friends"

"When I give a massage I feel good because I feel like I have helped someone relax"

"Sometimes I don't feel like it so I say 'No', but that's okay"

"Since starting the massage Programme I don't get bullied because I am friendlier"

"I can concentrate on my work for longer"

"I feel peaceful and cared for"