

# The Massage in Schools Programme (MISP)



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School-based courses delivered by trained instructors  
Di Budge and Annie Finch, Advisory Teachers for the  
Behaviour Team.

### How would instructors implement the peer massage in class?

- By training the children & teacher in the basic massage routine
- Visiting over a period of several 20-30 minute sessions
- Prior to training we would meet with staff & parents to discuss the programme

### What does the programme involve?

- Given by the children to each other, clothed and with permission
- Restricted to the back, head, arms & hands
- For children 4-12 years old
- 10-15 minutes daily

### What are the benefits to the children?

- Improves calmness and concentration
- Helps children develop awareness of the needs of others
- Increases social inclusion and self esteem
- Reduces bullying
- Teaches children to recognise good and bad touch
- Based on concepts of RESPECT and CHOICE

### Curriculum links

- Aspects of PHSE programmes and Healthy Schools Award
- SEAL (Social and Emotional Aspects of Learning)
- Every Child Matters objectives

**If you are interested in accessing an inclusive programme of peer massage for your class or school, please contact Annie Finch or Di Budge: 01432 260873 to discuss training fees.**

Improving children's emotional health and wellbeing through an inclusive programme of positive and nurturing touch.

The Massage in Schools Association (MISA) is a member of the Anti Bullying-Alliance.

If you would like help to understand this document, or would like it in another format or language, please call: 01432 260873 or email [mdixon@herefordshire.gov.uk](mailto:mdixon@herefordshire.gov.uk)