



MISA

Massage In Schools  
Association (EWNI)

## **Massage in Schools Programme**

**Kim Wooldridge is a qualified trainer with the Massage In Schools Association (MISA)**

### **Background to the MISA**

- Originated in Sweden
- Children of 4-12 years provide massage for each other
- Children have to give permission for massage
- Daily massage of 10-15 minutes
- Massage is clothed, on head, arms and back

### **The benefits of massage - why the school wants to introduce massage**

- Calms children - particularly noticeable if children are very active
- Improves concentration
- Increases self confidence as skills develop
- Helps children think about the needs of others and builds respect for others
- Children give permission for massage and say thank you
- Teaches children to recognise good / bad touch
- Links with aspects of the PHSE programme and Healthy Schools Award

### **What the children will be doing**

- Teacher will teach the children (with help of support assistant)
- Working in pairs - paired by teacher, fun methods and own choice
- Learning a formal massage routine
- Learning weather massage and other routines which link to school subjects

### **Video**

- Note the children asking permission, saying thank you, and reviewing strengths and weaknesses of massage

### **Parents - Give consent for their child to take part in massage**

Each child is then able to decide for himself/herself if he/she wants to take part. Those not wanting to take part sit on a chair and watch.

To contact Kim and organize a visit to your school/group please email [kimwooldridge@onetel.com](mailto:kimwooldridge@onetel.com) , or telephone 01778 570120