



**absolute energy**

Healthy people means healthy business

## Massage in Schools Programme .....A tool

The Massage in Schools Programme is an easy, quick and effective tool to improve children's quality of life in school. The intention is simple: to give children the chance to experience nurturing touch at school in a safe way. The MISP will enable them to interact differently. Teachers will have another tool to bring life into the schools curriculum in a way that respects the nature of children. The MISP embraces the deep nature of the child and is an effective way to reach many educational goals.

### Basic massage routine

There are two aspects to this programme. First there is the basic routine of the massage strokes. As this programme progresses, and its implementation moves world wide, it will create a sense of unity among thousands of children. We believe that if all MISP instructors and all teachers follow the programme and respect the routine, it would be something that children would recognise even when moving from one school to another or from country to country.

An invisible golden thread is then created between children. The entire routine takes no more than 10 minutes when well mastered by the children. We encourage the teachers to choose the best time for themselves and the children.

Our experiences show that first thing in the morning is an excellent time, as it helps them get their day off to a good start, it helps the children to relax and be more retentive. We also notice that children are on time in the mornings, if they know they are going to get a massage.

Children feel secure by something that is repetitive: the same way the same time. This routine within a few weeks becomes second nature to them, making it very easy for the teachers to have the children perform the routine without chaos.

### Touch and movement

The second aspect of the programme brings the idea of adding touch and movement to all school curriculum subjects.

Teachers and MISP instructors are encouraged to use their own creativity from these ideas. With imagination the skies the limit.

Keeping in mind that children learn through their bodies. By incorporating touch and movement with teaching methodologies, children with different forms of intelligence have better chances of learning and that something deep in themselves would be respected.

In the MISP, children massage each other. Adults do not massage the children. We believe that there is no possibility of misinterpreting the intention of the adults in bringing proper, healthy, nurturing touch into the classroom under the MISP.

