



absolute energy

Healthy people means healthy business

Our Mission Statement



The mission of the Massage in Schools Programme is to provide high quality and professional training to all teachers and caring adults willing to bring nurturing touch into schools.

Our Vision



The vision of the Massage in Schools Programme is that every child attending school experiences positive and nurturing touch every day...everywhere in the world.

Throughout their development, children need caring adults around them, adults that will help them develop into healthy human beings. We believe that if adults do everything possible to ensure that children's needs are met during their development, the children will grow strong and secure.

Since the early 1990s, we have been bringing the ideas of practicing massage, nurturing touch and the notion of touch and movement linked to learning processes to day-care centres, pre-schools and schools. We realised how important it was to spread the use of healthy touch in the school system and from this realisation, the Massage in Schools Programme was born.

Massage in Schools Programme

The Massage in Schools Programme (MISP) is being piloted in this region for children aged 4 – 12 years.

“The vision of the Massage in Schools Programme is that every child attending school experiences positive and nurturing touch every day ... everywhere in the world.”

From research and studies on touch, from our personal experiences, from observation and from pure intuition, we have come to believe that promoting nurturing touch should be experienced by all people in all stages of their life. We believe that massage in schools and the encompassing of nurturing touch and respect among children, can be seen as a tool for a better society.

It is part of the PSHCE curriculum and promotes emotional resilience as well as helping children to learn more about themselves and each other.



MISP is based upon shared respect. The child giving the massage must always ask permission before they touch their partner, “please may I ...” and then say “thank you” when finished. It is delivered through an active learning model and empowers children by enabling them to rehearse Positive Language, and Language of Choice. It helps to build self esteem, improve communication, reduces aggressive behaviour and improves social cohesion.

MISP teaches through rights and responsibility and is embedded in the school ethos.

Massage is always fully clothed and restricted to arms, shoulders, upper back and neck. Teachers do not massage children; the massage sequences are made into games and stories, e.g. drawing the weather map, making a party pizza or building a garden, on the back.

Children can reinforce their knowledge and understanding by formulating creative routines of their own.

MISP is used by, among others, Sure Start, the National Pyramid Trust and by project workers working with the Children’s Fund. The Massage in Schools Programme has also been presented at DfES Anti-Bullying Conference.

Respect is crucial when working with the Massage in Schools Programme (MISP). The principle of respect is expressed at many levels.

- Children are respected when learning the routine and are allowed to learn at their own pace. There is no rush!
- Each child has the right to say no to a massage.
- Children are encouraged to express their preferences regarding the strokes.
- The child giving the massage may ask the receiving child if what they are doing is comfortable and if they are enjoying it.
- Children are required to ask permission before beginning the massage routine and any other touch activity that is introduced.
- The children are required to say “thank you” to each other after each session.

Benefits for the child:

- The opportunity to say yes and no to touch
- Provides a feeling of being individually acknowledged
- Creates a better atmosphere in which to learn
- Improves concentration, co-ordination and memory
- Builds friendships, trust, empathy and security
- Boosts confidence
- Promotes unity and group participation
- Learn new skills
- Leads to calmer, caring, considerate and sensitive children

- Builds responsibility
- Everyone can do it!

Benefits for the teacher:

- More harmonic classroom
- Innovative ways to bring the core curriculum alive through touch
- Calming for the teacher
- Encourages working together
- A chance to practise manners
- Quiet time with the children
- Co-ordination skills
- Visual stimulation
- Promotes creativity and imagination
- Memory and recall skills are boosted
- No paperwork!

Benefits for the entire school:

- A practical tool to use against bullying
- Something that would remain the same as the child advances from class to class
- Promotes equality
- School discipline, noise levels, general quiet and calm are all boosted
- Boosts school reputation
- Complements Inclusive Policy
- Emotional look at health promoting system
- Enriches the school ethos
- A unique skill, which every child can take home to adults
- Positive publicity!

Benefits for society:

- A more peaceful society
- More respect for each other
- Tolerance towards others
- Snowball effect to those beyond the school
- Less stress on children
- A more understanding society
- More open, calmer and co-operative society
- Encourages appropriate physical contact

- A good basic coping strategy for life
- Builds teamwork and time out
- Helps to challenge the taboo on touch and massage

The Massage in Schools Programme assists children in acquiring knowledge through integrated learning, which will undoubtedly serve them throughout their lives, allowing them to contribute to society in a more positive manner.

To find out more about this innovative programme, please contact:

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