

Peer Massage

For what age?	At what level?
Children 4 – 12 years	Universal

Why is there a need to build exam resilience?

Peer Massage, provided through the Massage in Schools Programme (MISP), is an inclusive programme for all children 4-12 years old. It is a respected, unique, child-centred massage programme that is firmly rooted in the principles of rights, responsibilities, respect and choice. It uses massage to encourage learning and develop social and emotional skills within a safe school environment.

How does it help children?

Children learn:

- To be calmer and more relaxed both during and after the session, in school and at home.
- To improve self-esteem and friendships.
- To lower stress levels, increasing their chance for better concentration at school and better sleep at home.
- To improve the class working as a team and their attitude towards one another.
- To have a positive impact on behaviour
- To improve their sense of personal space.
- To increase engagement with learning, including for children who are vulnerable to mental health difficulties.

How do we know it works?

Research suggests that participation in the Peer Massage Programme:

- Has a positive effect on children's relationships both in the classroom and in the playground: increasing social networks, creating a sense of calm and reducing aggressive behaviours (Education and Research Centre in Brighton University)
- Decreases hyperactivity and fidgeting, and increases concentration, in children with ADHD (Field, Quintino, Hernandez-Reif & Koslovsky, 1998a, *Adolescence*, Vol. 38, 2003).
- Reduces stereotypical behaviour and social difficulties in children diagnosed with autism (Escalona, Field, Singer-Strunk, Cullen & Hartshorn, 2001).
- Reduces aggression (Diego, Field, Hernandez-Reif, Shaw, Rothe, Castellanos & Messner, 2002).
- Enhances alertness (Field, Ironson, Scafidi, Nawrocki, Goncalves, Burman, Pickens, Fox, Schanberg & Kuhn, 1996).
- Improves mood (Kilnana, Field, Hernandez-Reif & Schanberg, 2003)

- Decreases depression (Field, Schanberg, Kuhn, Field, Fierro, Henteleff, Mueller, Yando, Shaw & Burman, 1998b).
- Has an overall impact rating of 10 on all children and vulnerable children (Local TaMHS Project, 2009 to 2011)

How can I access training?

Massage in Schools Programme™ (MISP) is a two-day intensive course with an internationally approved curriculum shared by all MISP Trainers. With the two-day course every instructor receives a very comprehensive workbook that becomes a basic tool for the successful implementation of the programme and the Touch IN Schools Book.

For further information please visit:

- [Massage in Schools website](#)