



What is Peer Massage?

The Massage in Schools Programme (MISP) is an inclusive programme of positive touch activities and peer massage. It is used in schools and children's organisations throughout the world.

The clothed massage is:

- For children 4-12 years old.
- Given by the children, to each other.
- Restricted to the back, head, arms and hands.
- Given and received with the child's permission.
- 10-15 minutes.

What are the aims of Peer Massage?

- To promote the well-being of children through the use of the peer massage technique, designed to relax and encourage team work between children.
- To promote an ethos of respect of self and others, as children request permission before they begin, and say thank you to each other when they finish the routine.
- To give children the chance to experience nurturing touch at school, in a safe and creative way.
- To give the children a voice - those who do not wish to receive/give a massage can say no and sit and relax / observe, or do an air massage.
- To develop positive communication between the children, encouraging them to express their preferences regarding the massage.

What are the benefits of Peer Massage?

- ✓ Children become calmer and have improved concentration.

- ✓ Children have more confidence and increased self-esteem.
- ✓ It teaches children to respect others and leads to social inclusion.
- ✓ There is a reduction in bullying and aggression.
- ✓ Emotional health improves.
- ✓ Children develop better motor skills.
- ✓ It empowers the child to be able to refuse a massage if they do not want to have one.
- ✓ It encourages visualisation and kinaesthetic learning.
- ✓ It is fun.

How is Peer Massage introduced?

All of our teaching staff and ELSA (Emotional Literacy Support Assistants) are fully trained in delivering Peer Massage. Our trained staff will introduce it to the children, using the powerpoint which includes all of the activities involved in Peer Massage.

Will every class at Long Lane have Peer Massage sessions?

It is the decision of the class teacher as to whether they want to facilitate Peer Massage within their classroom as part of their classroom practice and routines. It is not a whole school expectation and therefore it is not compulsory that it takes place in all classrooms.

Parents will receive a letter if your child's class is intending to implement peer massage. Parents have the right to refuse their child taking part and every child has the option to choose whether or not to take part in all or part of the session.

How does Peer Massage link to the Curriculum?

It contributes to:

- Personal, health, social and citizenship education (Jigsaw).
- Emotional health and wellbeing.
- Social and Emotional Aspects of Learning.