

# What is the MISP?

The Massage in Schools Program (MISP) is a nonprofit program. Using peer massage (child to child) with fun strokes like bunny hops & hearts as well as learning through movement, MISP is improving children's lives in schools, homes, & communities in over 35 countries.



## What are the Benefits?

- Children learn consent & appropriate boundaries
- Children's stress is reduced & they are ready to learn
- Children learn to give & receive graciously
- Routine crosses the midline, forming neural pathways
- Improves sleep

## The MISP Routine

- Child-to-child, simplified chair massage
- Consistent & predictable
- Only done with the child's permission
- Inclusive program for children ages 4-12

## Touch & Move to Learn

- Active learning integrating touch & movement for all school subjects
- Mind/body connection
- Enhanced learning



## MINI MISP



- Adapted & shortened version for toddlers & preschoolers
- Kinesthetic story massage
- Games, songs, & movement

## Become a MISP instructor:

### Where do instructors work?

- Schools
- Youth organizations
- Churches
- Early childhood programs
- Humanitarian efforts
- Trauma & grief support
- Community events
- Grant writing
- Researchers
- Marketing
- And more!

What are kids saying about the MISP?

“I have more friends now because of the MISP.”  
- Boy, age 9

“We are quiet after the massage and can concentrate better.” - Girl, age 10

“I feel cozy, cheerful, and warm.”  
- Girl, age 6

“It makes me feel trusted.”  
- Boy, age 8



How to bring MISP into your area:

- Invite a MISP instructor to implement the program with children in your organization
- Become a MISP instructor & work with children and/or families

To find an instructor or training in your area, go to [misa-usa.com](http://misa-usa.com)



# Teaching Kids Healthy Touch

A nationally recognized anti-bullying strategy

