

MISA NEWS

Specially for all certified Massage In Schools Programme family

Get Inspired!

Words from the Founders; Sylvie Hetu and Mia Elmsater - Page 2

MISA President's Letter

Updates from Claudio Natale - Page 4

What's Happening?

Building international connections; Stories from Croatia, Singapore, China and USA. - Page 6-11

Research & Studies

Effects of the Massage Activities on the Preschoolers' Concentration – Page 12-13

Ideas

Movement and learning activities – Page 14

Welcoming You

Welcoming new countries – Page 15-16

Announcement

Training of Trainers, 2018 – Page 17

Share your story

Send in your stories, photos and research – Page 18

Editor's Message

Hello everyone!

First of all, I would like to say thank you to those who have shared their MISP journey in this newsletter. Your stories inspire us all around the world and contribute to the uniqueness of this newsletter. Here, I am very excited to share various stories from many continents. Seeing MISP grow in this way and touch many lives warms my heart and inspires all of us. Keep it up! Sometimes we may feel that we're alone doing this amazing work of nurturing touch but always remember that our MISP family is huge. We're touching lives in our communities and collectively, it makes a difference. Let's make this change, one child at a time.

Do continue to send me your stories. Details on how to do that are at the end of this newsletter.

Enjoy reading and I'd love to hear your feedback!

Sending you lots of love.

Jashpreet Kaur



Get Inspired!

Dear MISP Instructors around the world,

We hope this finds you all well.

As the association grows, we are in constant awe of the dedication that you, the instructors have, to what was once just a vision.

We can only thank and honour all of you, and all the efforts you make in bringing life to the now-considered essential contribution of the MISP in the world. We often receive letters from parents, teachers and even children that bring tears to our eyes, and we realize that this is why we continue to move forward, to bring the MISP in new countries, and have energy to continue this much-needed work.

We are in the last phases of the new and updated manual, which will be finalized soon. When it will be available, the MISP instructors will be allowed to buy one copy of the new manual from MISP Manual distributors. We have also reviewed both the comments and the credibility of the satellite programmes, and have made some changes there, as well. We will also send you a revised version of the promotional power point soon.

If there are materials that you really feel would help the MISP and your work, please contact us and we will see what can be done to make it available through the MISP warehouses. Remember that we avoid using cartoons in any material with the children. All materials must follow the guidelines found in your manual.



The website is in process of being updated. Among other things, we will have better information on all the Branches where MISP exist.

We have started to make plans and look at countries and venues for our next international conference, which will be in the spring of 2020 and will also be celebrating 20 years of the MISP! We will keep everyone updated on this.

We are excited to be holding another MISP Training of Trainers in Czech Republic in October. You will find more information in this newsletter, and we invite you to pass on the information.

We thank you for continuing to send us your inspiring stories!

Warm regards to all,

Sylvie and Mia

MISA President's Letter

Dear MISP Instructors all over the world,

It is with great pleasure that I communicate with all of you that are involved with the MISP. I am extremely happy to serve as the MISA International President, as well as an International Trainer, for the growth of the MISP and to assist to the development of the programme and of the international association in several countries.



I would like to welcome the MISP Instructors recently trained in new countries. Warm greetings therefore to the Instructors trained in Greece, Reunion Island, Russia, Slovenia and Vietnam; countries where a first MISP Instructor training has been held over the past six months.

The two satellite programmes, Mini-MISP and Touch and Move to Learn, are now being implemented in many countries and I am fully convinced that they will contribute to the understanding of how our programme can help not only children, but also parents and teachers with a renewed understanding of children's needs. Our programme always seems more and more fundamental, no matter from which angle we look at it, offer it, and practice it.

In May, we held the second MISP training in Russia, and I would like to share how I am deeply impressed and touched by the commitment and dynamism of the MISP Russian instructors. The first training in Russia was in December last year, in St. Petersburg. In less

than 6 months, the MISP Russian instructors have created the MISA-Russia Branch, the Branch website, a leaflet that instructors can download from the MISA-Russia website, a fantastic newsletter, and they also had a positive response from the Russian government in order to have the MISP officially recognized in Russia.

We are aware that several other Branches are also doing amazing work, and we indeed wish to encourage all of you to continue to commit to the MISP, contribute to its development, and get inspired with one another!

Please keep us informed of the development of your Branch and its projects. We are always happy to hear about your achievements and your touching MISP stories.

If you have any questions, we are here to answer.

Sincerely,

Claudio Natale

MISA International President

What's Happening?

Building International Connections

MISP in Croatia (Is it just for schools?)

By, Ana Polančec



I graduated from the MISP Course in Belgrade, Serbia, last year and decided to introduce this wonderful program in Croatia, where unfortunately there is an increasing problem of peer violence. Since I do not have approval from the ministry yet, they do not allow me to introduce the program in schools and kindergartens. So, I've been thinking for a long time how I can present a program in Croatia so that many people can know about it and see it as a chance for a better Croatia, for our children and finally, I found a way.

I have decided that through parent-child workshops, I can slowly introduce the program in Croatia. During the first workshop there were not many parents and children, only two, but that was the beginning. My heart was full when I saw children and their mothers enjoying it while I showed them the massage movements. After that, more families began to say that they are interested in the program and I believe that I will succeed with this program to touch all parts of Croatia. Parent-child massage is a wonderful way of spending time with your children where parents and children get beneficial touch, mutual love, respect and gratitude. Reactions of parents and children were great and they gave me a pat on the back.

Moreover, I had a wonderful opportunity to present this program in SOS Children's Village Lekenik in the April. SOS Children's Village cares for children without parents and parental care, regardless of their racial, national and religious affiliation, providing them with love and security in a family environment, a home, and education for a happy and peaceful childhood. When I heard about them on the phone, they told me that they have a lot of different programs with the kids, but they did not have any program for substitute mothers working with the kids and would love to have me present this program to them. I am very excited to go and hope to be able to show them all the benefits of these massages and to experience the benefits of touch and connection.



Slowly, new opportunities are opening up for me in Croatia. My motto is: the one who wants, finds the way.

I send you greetings from Croatia.

Fun Family Day in Singapore

By, Kimberly Tin



MISA Singapore was invited to participate in a Family Day outing to Universal Studios Singapore organised by the People's Association which is a local statutory board that oversees the local neighbourhood communities and social organisations. An outing to Universal Studios would receive overwhelming response and we were told to

expect a turnout of 3000! The organisers of the event requested that we lead a short family massage activity before the opening addresses by the MPs (Members of Parliament) who were the special guests and we, of course, decided on the Weather Massage story. With such a big crowd, we had to have many instructors spread out across the venue to demonstrate the massage strokes while the story was being told. After a few rounds of rehearsals brushing up

on the Weather Massage story, a group of 16 MISP Instructors headed off to Universal Studios on a breezy Saturday afternoon. Although it was a short activity, we were happy to see so many families willing to take part in experiencing the Weather Massage story and much to our delight, the MPs joined in too! It was such a great



opportunity to be able to share this unique programme to so many people that day and it goes to show that MISP can be implement anywhere and everywhere!

MISP in an Orphanage in China

By, Lily

I conducted my first session in Dew Drops Little Flower in Inner Mongolia. The children in our care have special needs and are orphans. They have cerebral palsy, brain damage, developmental delays and Down syndrome. The youngest child is 4 and the oldest is 9 years old but their actual developmental age is around 3 to 4.



Firstly, I taught the first four strokes with the children only. Only three of them can follow the steps. Then, I did the strokes with the children and their caretakers in this orphanage. They caretakers liked it and the children seem to be more comfortable. Three older children asked to get a massage after their meal and before nap time. They tried

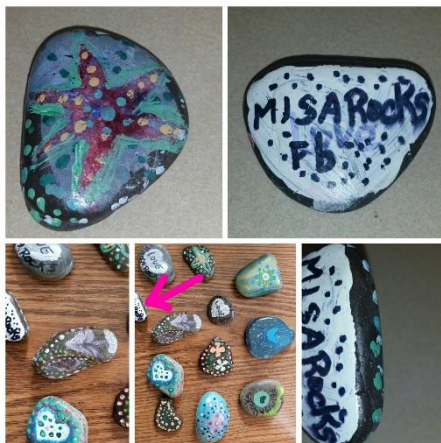
their best to follow the strokes and some did a very good job. All of them asked permission before the massage and said 'thank you' after. Now when it's day three, we will repeat the first 4 steps and see how they respond to it. Since all of them have different special needs, they can't do this entirely on their own. Therefore, we have the caretakers massage the children and children massage the caretakers in the first several weeks. Only four of the children can massage each other. I can see that the MISP massage routine brings children and their caretakers closer to one another and they are full of joy. All of them enjoy the massage time.



Thank you for bring this wonderful program to us.

MISA Rocks in USA

By, Jodi Foster



MISA Rocks is a painted rock group created as a fun way to celebrate MISA in our communities and with each other. We are discovering unique ways to talk about healthy communities. Painting rocks with positive messages and hiding them is a one small way that is so much fun!

We have co-hosted events like Rocktober ~ Anti-Bully / Pro-Kindness campaign last October. Everyone painted positive, family friendly, anti-bully messages on rocks and hide them all month long. We kept track of all the kindness rocks on the '[Rock the world map](#)'. The map has photos, stories and even follows some traveling rocks. Here are two stories for you:



In October 2017, we teamed up with Prineville 'rocks' and many other groups for our first campaign, "Rocktober" Anti-Bully Awareness/Pro-Kindness Month. We created a map to keep track of all the people and places kindness were being shared. Today, we have about 700 markers on the map. During the campaign, a mother from my hometown found out her 10 year old daughter was being bullied by other girls. It's hard enough being a single parent but seeing some of the text messages from those girls broke her mom's heart. Amongst many things, the mother and daughter team painted a bunch of rocks



for this campaign. The young lady painted and hid the rock. It was not long before her rock was found and it made her day seeing that someone loved her rock so much that they shared it. You could see she felt empowered in her smile, her mom said. The lady who found the rock, 'You Have the Power, re-hid it in Rochester, MN. <https://www.rocktheworldmap.com/themap>

Our most popular photo is of 'Rocky and Wonder' the rock bears, when they visited Travis Enter, MISA Instructor in Alaska. The rock bears share their fabulous travel stories and photos in their blog, Beary Tales Blog by The Wilbeary's. 'Rizzo' the Kodiak rock bear travels with Melissa Enter for MISP trainings and workshops. Rizzo even met author Lee-Ann Meredith, 'Angels in my classroom' in Chicago. 'Rocky' the Polar rock bear is traveling abroad but his destination is a surprise right now. You can also follow the bears on the map - <https://www.rocktheworldmap.com/thewilbearys>



Research: Effects of the Massage Activities on the Preschoolers' Concentration

By Pai Chwen Liu , Jyh-Tsorng Jong

The purpose of this study was to verify the effects of the massage activities on the preschoolers' concentration. By using the quasi-experimental design, this study explored the experimental group and the control group's variations in brain waves of the computerized biofeedback system during pretest, post-test and post post-test. There were 79 young children from two affiliated preschoolers in Taipei City, Taiwan, participated in this study. These children were in classes that did not adopt ability grouping and had kids ranging from 4~5 years old. With the approval from their parents, 35 children from two classes in one preschool were allocated to the experimental group, while 44 children from three classes in the other preschool were sent to the control group. The gender, age and social-economic status of these young children were equally distributed among experimental and control groups. The children in the experimental group received an intervention plan aimed at improving their focus by receiving 15 minutes of MISP massage every day in the morning, for five days a week and six consecutive weeks. The children in the control group did not receive any massage. This study collected data on children's ability on paying attention before the intervention, after the intervention and three weeks after the intervention. The data was visualized through NeuroSky EEG technology, showing the brainwave biofeedback when children were focused on reading. The study found that after the intervention of MISP massage, the children in the experimental group had significant and immediate change in the four attention indicators – brainwave frequencies of low alpha, high alpha, low beta and high beta. In addition, three weeks after

Do get in touch at journeywithjash@gmail.com and share your research and case studies with us. If you're interested in doing research in your country, drop me an email and I'll send you the list of current research available with MISP.

the experiment, the results remained significant in the experiment group. Three weeks after the MISP intervention, children in the experiment group also all showed improved results in the four indicators compared to those measured before the intervention. Therefore, it is shown that massage in preschools has a significant impact on improving young children's concentration.

This study was done as part of a PhD thesis in Taiwan.

Ideas: Movement and Learning Activities

By, Melissa Enter

Skip Counting

Have children link arms with another child. Make a line of pairs to practice counting by twos. The first pair, the child on the left, starts counting off by whispering their number (one) followed by the child on the right who shouts their number (two) out loud. The pair in front of them continues with the child on the left whispering three and the child on the right saying four out loud and so on down the line.



Try the same activity with groups of three, four, or five.

Teaching strategies:

- If you learn to read from left to right, always count and do other activities that teach order, from left to right. If you read right to left, organize your activities that way.
- Place children who are challenged at math at the lower end of the number line so they have a higher chance of being successful. If you feel they still may have trouble or for children that are introverted, have the class start the counting together. Introverted children may also be more comfortable with a whisper number. As you move down the line, challenge them to do it on their own.
- Use number cards and allow the children to pick out the number they want, thereby choosing a placement in the line that is comfortable for them.

MISP in new countries

Welcome to our international MISA family



SLOVENIA

Trainer: Carol Trower



GREECE

Trainer: Sylvie Hetu & Claudio Natale



RUSSIA

Trainer: Sylvie Hetu & Claudio Natale



VIETNAM

Trainer: Sylvie Hetu & Claudio Natale



REUNION ISLAND
Trainer: Nadine Denard

Announcement:

MISP Training of Trainers 2018

Date: 30th September – 6th October 2018

Location: Czech Republic

We would like to invite all potential MISP instructors who wish to become trainers to communicate with the co-founders and the Managing Director via

<http://massageinschools.com/contact/>

Trainers will also be informed about the criteria and process to achieve Trainer Advisor and Master Trainer status with their presence at the intensive week.



Your contribution is vital

Send an email to journeywithjash@gmail.com and share:

1. Your stories and experiences with MISP.
2. Projects that you've done with MISP.
3. Photos of MISP implementations that can be viewed publicly.
4. Case studies, research and articles done with MISP.

Let's build international connections!