

Massage in Schools Programme (MISP)

Guidelines for class teachers

Welcome to the Massage in Schools Programme! You and your pupils will probably already have experienced many of the benefits of being involved in the MISP. Your MIS Instructor will have probably gone over these guidelines, but this is a copy to keep for your information.

- Children have to learn the MIS strokes from a trained MIS Instructor, but we encourage you and your class to practise the strokes in between sessions.
- Once your pupils have learned the MIS routine, you can carry on the routine in your class without the MIS Instructor having to be present. We recommend you build it into your class routine, as much as possible. Please remember the ground rules – asking permission, giving sensitive massages and saying ‘thank you’ at the end.
- Please remember that if a child does not want to join in, that is fine and we recommend that they sit quietly with the class while the class does the MIS routine.
- If your Instructor has shown you how to build MIS routines into other parts of the curriculum, then you can carry on doing this, always making sure you only do routines or touch games, which use respectful images, cover only safe areas of the body and that children always ask permission before touching.
- If 1 or 2 children join your class during the course of the year, then you and the class can show them the routine.
- If you have a completely new class who have never learned the MIS routine, then please contact your MIS Instructor, who will come back to teach that class.

If you have any further questions or cannot contact your MIS Instructor, then contact details for the Massage in Schools Association are available on www.misascotland.org.uk