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

Teaching Kids Healthy Touch

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
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!