

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



Teaching Kids Healthy Touch

A nationally recognized
anti-bullying strategy

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!