



## Peer Massage in Schools Programme Seven Minute Energiser

I'm sure you have heard from a number of Schools in your area about this wonderful programme and the benefits it has brought to them, and now we have an exciting opportunity to secure some funding for your school through 'Healthy Schools -Emotional Health and Wellbeing'

What is 'The Massage in Schools' Programme? The vision? That every child attending school experience positive, nurturing touch everyday...everywhere in the world.

'If you have a child leaving school with high esteem then the education system has achieved its greatest goal. The Massage in Schools Programme helps this objective.'  
Roger Brown, OFSTED Inspector, December 2005.

Designed for 4-12 year olds but can be adapted for older pupils, this is indeed a pioneering programme and the schools have found it a new, exciting and innovative addition to the curriculum. It is based around shared respect and helps build self esteem, improve communication, reduce aggressive behaviour and improves social cohesion. It is given and received with the child's permission on the back, head, arms and hands and takes about 7 minutes daily.

### **Benefits of the Massage in Schools Programme Studies and observations have shown that:**

- Children become calmer and have improved concentration.
- Children have more confidence and increased self esteem
- It teaches children to respect others and leads to social inclusion
- There is a reduction in bullying and aggression
- Emotional health improves
- It helps children recognise 'good' and 'bad' touch
- Children show improved motor skills
- It encourages visual and kinaesthetic learning
- The teacher benefits from all these aspects

Instructors teach children the daily massage routine. Massage stories and touch activities can also be developed to aid kinaesthetic learning in other curriculum areas.

The Massage in Schools Programme is being used very successfully in schools as part of Personal, Health, Social and Citizenship Education (PHSCE) and contributes to the Healthy Schools Award (Emotional health and well-being). It also contributes to Social and Emotional Aspects of Learning and the objectives of Every Child Matters.

To help us secure the funding we need to gauge your interest and see if you would be willing to implement the programme into your school.  
Please reply on either the enclosed form or email your response to [info@absoluteenergy.co.uk](mailto:info@absoluteenergy.co.uk)

To receive more information or to book an appointment for an informal chat where you can watch a DVD and have a demonstration of the routine please call. I'll look forward to meeting you and your staff.

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