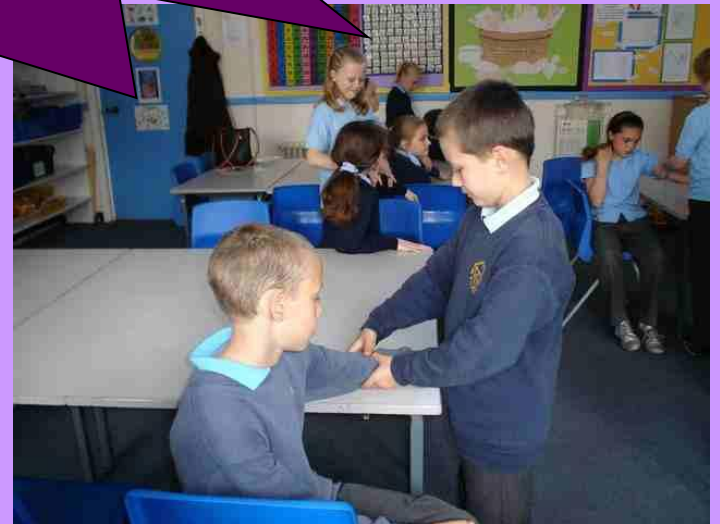




Exciting new  
project at  
Queensmead!

For Foundation 2 and  
Year 1 & 2





# the Massage in Schools Programme



# Peer massage ...



.....is a child-to-child massage.

(Adults do not massage the children)



...is done on the head, neck, shoulders and back only





... is done fully clothed and sitting on the  
floor or chairs



... takes 10 - 15 minutes daily

Why are we introducing  
peer massage at  
Queensmead?



# Because...



... it helps children to be calm and to behave better.



# Because...



... it helps children to concentrate and learn better.

# Because...



... it helps children to make friends and respect each other.

Peer massage is recommended by CBII and the Educational Psychology Service ...



...because it improves children's well-being and learning.

Peer massage is recognised nationally as an anti-bullying strategy and helps to foster positive relationships between children.







Children are taught that they must always ask permission before they massage somebody and that nobody must touch them without their permission.

This will help them to stay safer in the future.

Lots of schools in Leicester & Leicestershire are doing peer massage.



Peer massage was introduced into this country in 2000 and schools all over the country are now using it.

Studies and observations of schools using peer massage have shown that:

- Children become calmer and have improved concentration, which helps their learning.
- Children have more confidence and increased self esteem
- It teaches children to respect others
- 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 learning
- Massage is fun!