



## MASSAGE THERAPY

### What is massage therapy?

Massage Therapy is a unique service providing 1:1 sessions for children and young people. The service is delivered by a qualified massage therapist and is designed to support children and young people with a wide range of needs.

### What does a session look like?

Sessions are tailored to the needs of the pupil and delivered 1:1. Massage is delivered through clothing. Sessions may include:

- Activities to support fine and gross motor skills
- Activities from occupational therapy reports
- An opportunity to learn calming techniques to support regulation
- Hand massage
- Back, head and face massage



### How does it help students with their wellbeing?

1:1 massage therapy sessions in a quiet, nurturing space use gentle, structured touch to reduce anxiety, stress, and sensory overload, supporting emotional regulation. Massage therapy also supports sensory processing and body awareness. Over time, it can build self-esteem, confidence, and trust in adults. By promoting relaxation and wellbeing, massage therapy helps students feel more settled and ready to learn, enhancing their overall school experience.