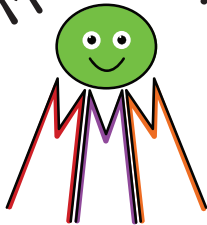


Mish Mash



Moods

Instructions for Band Use




About

Mish Mash Moods makes items such as wristbands and weighted products, to support the sensory and communication needs of individuals with Autism Spectrum Disorder (ASD), Anxiety Disorder, Attention Deficit Hyperactivity Disorder (ADHD), behavioural issues or a disability. A social scenario is included.

Scenario

Digger was sitting at his desk playing Mathsbo on the tablet. His friends started to crowd around him to watch. After a while he started to realise that he was feeling different. His chest felt funny, a bit tight, and his heart was going really fast. He turned his Mish Mash Mood band over so it showed the red, sad/mad side. Some of his friends realised he needed some quiet time and started to move away.



Mr M noticed Digger had the red side of his band showing and asked the rest of his friends to go and find something else to do for a while. Digger finished his game, took some deep breaths and focussed on feeling ok again. The he turned his band back over to the green, “feeling ok” side so everyone knew he was ready to hang out again.



Instructions for Band Use

1. Always start on the "I'm feeling ok" side until your mood changes.
2. When you start to feel sad/mad, worried or restless, turn the band over to the coloured side.
3. Use the coloured side to help others understand how you feel right now.
4. An adult may need to ask you to turn your band over. This can help you to identify when you feel sad/mad, worried or restless.
5. Use your other ways to help calm down.
6. When you feel calmer, turn the band back to "I'm feeling ok" and go back to what you were doing.

