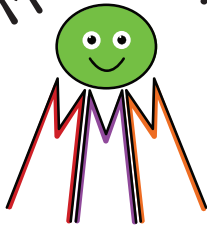


Mish Mash



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

Mr M noticed that Spike was starting to get restless. He was talking to other people and distracting them from doing their work. He stood up and started moving around rather than sitting at his desk. When Mr M noticed Spike moving his pencils and papers around on his desk without looking at them he realised Spike needed to move. He quietly asked Spike to turn his Mish Mash Mood band around to the purple side and gave Spike the office basket to take to the office.

He suggested Spike walk the long way, around the sandpit, to the office. When Spike returned, Mr M put on a Gopasta film clip so everyone could have a quick dance and stretch. When the dance was over, Spike turned his band back to the green, “feeling ok” side and sat down to finish his work. Later on Mr M had a chat with Spike, to help him recognise when he was feeling restless.



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.

