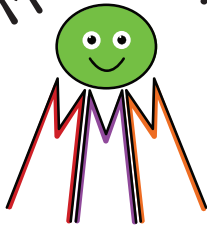


Mish Mash



Moods

Instructions for Band Use

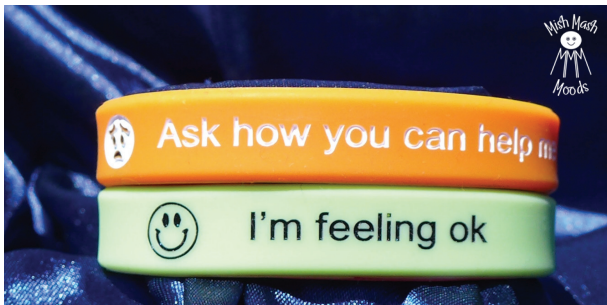
About

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

Bullitt was a worrier at times. Sometimes she worried that her Mum wouldn't get to school to pick her up. Sometimes she worried Kevin wouldn't play with her. Sometimes she worried that her brother would fall off the play equipment and hurt himself. Today Bullitt was playing in the sandpit when one of the older kids started collecting all the sandpit toys. She asked if she could play with a bucket and spade, but the other child wouldn't share and started frowning. Bullitt went up to the duty teacher.

She didn't really know Ms S very well and she was worried about talking to her. Bullitt turned her Mish Mash Mood band around to the orange, worried side and showed it to the teacher. Ms S said "Hello Bullitt, what can I do to help you?" Bullitt told Ms S what was happening and Ms S said "let's go and see what we can work out". Ms S went and helped Bullitt negotiate with the other child which toys Bullitt could play with. Soon they were playing side by side, building a sand-city. Bullitt turned her band back to the green, "feeling ok" side.



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.

