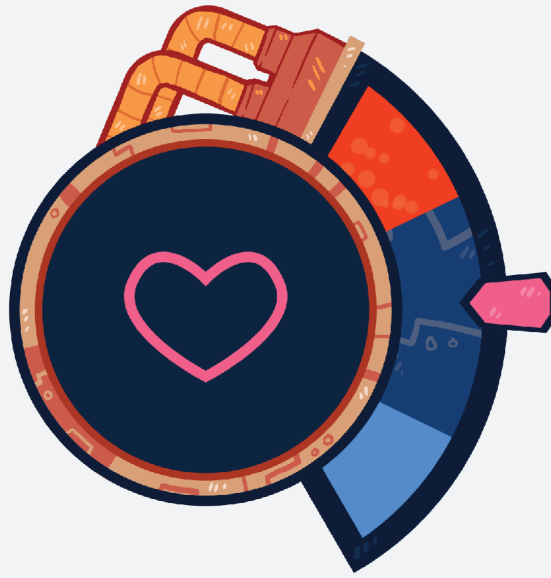


MIGHTIER™



Using Mightier with ***Sensory Sensitivities***

When playing Mightier, children must wear a heart rate monitor

The heart rate monitor is intended to be worn on your child's non-dominant arm. The heart rate monitor can be worn on your child's bicep (upper arm) right above the elbow or on the forearm (lower arm) close to the elbow. The heart rate monitor should never be worn on the wrist. *Here are two pictures of correct placement of the heart rate monitor:*



The heart rate monitor should be worn snugly. It should not be on so tightly that it hurts your child's arm, but there should be no light escaping out from the sides of the heart rate monitor.

Some children have sensitivities to certain textures or touch. If this is the case, there are a few things that can help:

1. Getting used to something new can be difficult. If your child is showing some hesitation around wearing the heart rate monitor, you can slowly introduce the equipment to them. Wear the heart rate monitor yourself. Have your child hold the heart rate monitor in their hands first and share that it will not hurt them. Slowly have your child put on the heart rate monitor for longer periods of time (with or without playing) to help them become accustomed to wearing it.

2. Your child can wear the heart rate monitor on their leg. The heart rate monitor can be worn on the back of the calf, towards the crook of the knee. Below is a picture of this placement. Ensure that it still fits snugly on your child (you may have to use the larger heart rate monitor band). Moving the heart rate monitor to this location can help because it is out of sight for your child while playing.



3. Some children do not like the texture or sound of the Velcro strap on the heart rate monitor. If this is the case, some families have put a sleeve or an old shirt or preferred textured fabric around the Velcro strap of the heart rate monitor band. Any texture and cover around the Velcro strap is okay as long as the monitor itself (with the flashing lights) is touching your child's skin directly, without any fabric between it. Below is a picture of an example of how this might look.



4. Sometimes sound and music can be difficult for children to manage. You can turn off the music and sound while playing Mightier. The player does not need to hear the Mightier games to play successfully.