

# “I SPY” Bag Instructions



“I Spy” bags are used as a distraction tool for children who are anxious about a doctor’s appointment or procedure. These bags help the child focus on something other than the anxiety they feel.

## Materials Needed:

1. Medium weight durable vinyl (pictured above in red) for main body so it can be disinfected for infection control compliance. (*Flannel-backed table cloths or table cloth fabric by the yard is **not** durable enough*)
2. Heavyweight, clear vinyl (for the see-thru windows on front and back).
3.  $\frac{3}{4}$  cup white rice or small plastic pellets (for bag filler).
4. Blue painter’s tape if you need to secure window to back while sewing. (*Scotch tape will **NOT** come off the clear vinyl!!*)
5. Items for the inside: use a variety of items that are hard plastic, chip board, or thick foam (paper items such as stickers do not hold up well in the bag). You will need about 24 - 25 different items. These can be small items like a paperclip, Q-tip, foam letters and shapes, small/tiny Christmas ornaments (no glass balls or glass objects, no skulls or crosses), googly eyes, shaped buttons, a penny, tiny jingle bells, etc. **For safety, do NOT use pointed or sharp objects, wires, or anything that could poke through the bag. Please also do NOT add: well anything with skulls or skeletons, anything religious, or latex balloons.**
6. Paper and printer – to type up and print the list of items to search out (for the window in the back; see picture below).

## Sewing Instructions:

Cut 2-- 6" squares from the medium weight cored vinyl. In the center of one square, cut out a 3 ½" window. Cut a 4" square from the clear vinyl. Zig zag this window onto the back of the window opening. Stitch close to the inside edge to keep rice from leaking out.

**(Insert Pic: I Spy bag Front) Front**

Sort out about 24 - 25 objects to put in the bag (see above examples.) Make a list of items on computer, print it out, and then cut paper to about 3-4 inches. Use black printer ink and make the font size, 10 to 12. The best fonts to use, because they are the easiest to read, are Ariel, Times New Roman, or Calibri. The list will be sewn on top of the back piece of the bag. Before sewing it on, cut a clear piece of vinyl to make a cover for the list; then zig zag around it. (See pic below)

**(insert Pic: I Spy bag Back) Back**

Place front and back of 6" square; wrong sides together and zig zag around, leaving about a 4" opening to add rice and the I Spy items. **TIP:** It seems to work better to put in about half of the rice, all the toys, and then the rest of the rice.

Before closing bag completely, move rice and toys around to mix them up well.