



**Choice. Respect. independence.**

### I Spy Bags

CRi, Choice. Respect. independence. (formerly known as Community Residences, Inc.), is a community-based organization with a focused effort on providing people with developmental disabilities and/or mental health needs the resources, supports and services they need to live their lives with purpose, actively engaged in communities of their choosing. CRi's mission fully supports a person's ability to exercise control of their life's choices, and to live in and contribute to communities of their choosing, as young adults through aging in place. We believe in serving individuals within the communities in which they live & supporting the individual's choices and independence.

With COVID changing the way we all interact with the world, we've had to adjust our routines, implement coping mechanisms, and find new strategies to connect with our loved ones. CRi residents have had to do the same, but many don't understand why. They can no longer go to their day-programs, see friends from other homes, or venture into the community for a fun outing. Staff have been working with residents to find ways to keep them learning and growing through games and projects that can be done at home – recreation therapy. The goal of recreation therapy is to help improve and/or maintain quality of life for the individuals at CRi. One way this is accomplished is by encouraging individuals to practice their fine motor skills and hone their cognitive function through tactile, visual, and auditory stimulation.

I Spy Bags are a versatile sensory tool that residents can use to help engage and challenge them. I Spy Bags can be a tool to help individuals work on their cognition, communication, comprehension, focus, and fine motor skills.

A couple great reference websites:

- <https://theinspiredhome.org/diy-spy-bag/>
- <http://www.threadridinghood.com/wordpress/made-by-me-monday-i-spy-bag-a-tutorial/>

### I Spy Bags

Help provide developmental tools to residents with intellectual and developmental disabilities. There are three levels of difficulty to make I Spy Bags so you can choose what best fits your skill level and availability. The goal is to make sure the insides don't spill out when used.

### **Supplies**

- Scissors
- Clear Shower curtain liner - [Bulk Home Collection Clear PEVA Shower Curtain Liners, 70x72 in. | Dollar Tree](#)
- Colorful felt or fleece
- Scissors

- Hot glue gun
- Ziploc sandwich bag
- [1" wide Hockey tape](#). We want hockey tape because it's sticky enough to seal the Ziploc bag but has a cloth backing that will allow glue to stick to it.
- Filler –
  - Rice
  - Grits
  - Dried lentils
  - Plastic/resin pellets
  - Sand
- Small toys – we want a wide range of colors and shapes!
  - Beads
  - Buttons
  - Legos
  - Coins
  - Magnets
  - Tiny animal figures
- Cardstock

### **STORY MODE/How To Get Started**

1. Start by picking out the toys, buttons, and/or beads that you plan on using as well as the filler.
2. On a 6"x6" piece of cardstock list all the toys that you chose. This will be the key so those who use the bag know what to look for. You can also take a picture of the items and print it out or you can draw the items for an additional personalized touch.
3. Fill your sandwich bag with 1 ¼ - 1 ½ cup of filler and a handful of small toys. You might need to use more or less filling depending on the size of the toys, but remember, the point is that the filler is supposed to hide the items you add so don't put too many toys in the bag. Also, try avoiding using small toys that have sharp edges that might pierce the plastic. Test it out before you seal your bag!
4. Release as much air from the bag as possible before closing. Fold the zip top down and seal all the edges of the bag with tape so that there is about ½ inch of tape of each side of the seam.
5. Next, cut two squares of felt or fleece 8"x8".
6. Draw a square inside the fabric 1 ½" from each of the edges and cut out the inner squares so you have two fleece frames. The inner square will measure 5" on each side.
7. Cut two 6"x6" pieces of shower curtain liner and using the hot glue gun, glue one to each piece of fleece. One frame is going to showcase the contents of the Ziploc bag and the other is going to show your item key.
8. Once the glue has dried on both fleece frames, place the key card with your Ziploc back in the center of one fleece windows. Use the glue gun to secure your key into place.
9. Using the other fleece frame, center the Ziploc bag in the window and secure it in place using the glue gun. The glue will best stick to the hockey tape rather than the plastic.

10. Once both frames dry, adhere them together adding glue to the fabric portion of the outer edges. Make sure you add sufficient glue so that all the edges are completely sealed together. We don't want the Ziploc bag to slip around in the frame.
11. If you would like to add a little flair, decorate the frame with extra fabric cut outs.
12. Start from the beginning and make more! CRi supports over 300 individuals in our residences and over 600 in the community so make as many as you would like!

#### **CHEAT CODE/SHORT CUT**

- You can use clear pencil cases or toiletry bags. Attach the item key using a key ring.
- Seal the zipper using the hot glue gun.

#### **LEGENDARY MODE/SEWERS CUT**

- Instead of using glue, sew!
- Try making different shapes like circles or even animal shapes! If you do, don't forget to change the amount of filler you need.

I Spy Bags can be dropped off to the following addresses:

#### **Chantilly HQ**

14160 Newbrook Dr, Chantilly, VA 20151

Donation boxes are located in the lobby beyond the double glass doors

Accepting donations Monday - Friday from 8am to 5pm and Saturdays from 10am to 12pm

#### **Arlington/Falls Church Maintenance Office**

7297A Lee Hwy, Falls Church, VA 22042

Donation boxes are located in the lobby just inside the front door

Accepting donations Monday - Friday from 10am to 2pm

#### **Richmond**

808 Moorefield Park Dr., Ste. 120, Richmond, VA 23235

Accepting donations Monday – Friday from 10am to 1pm