

Learning objectives

1. Match a Bag of Tricks item to the needs of a youth in your program.



Introducing the Bag of Tricks

Daily Dilemmas

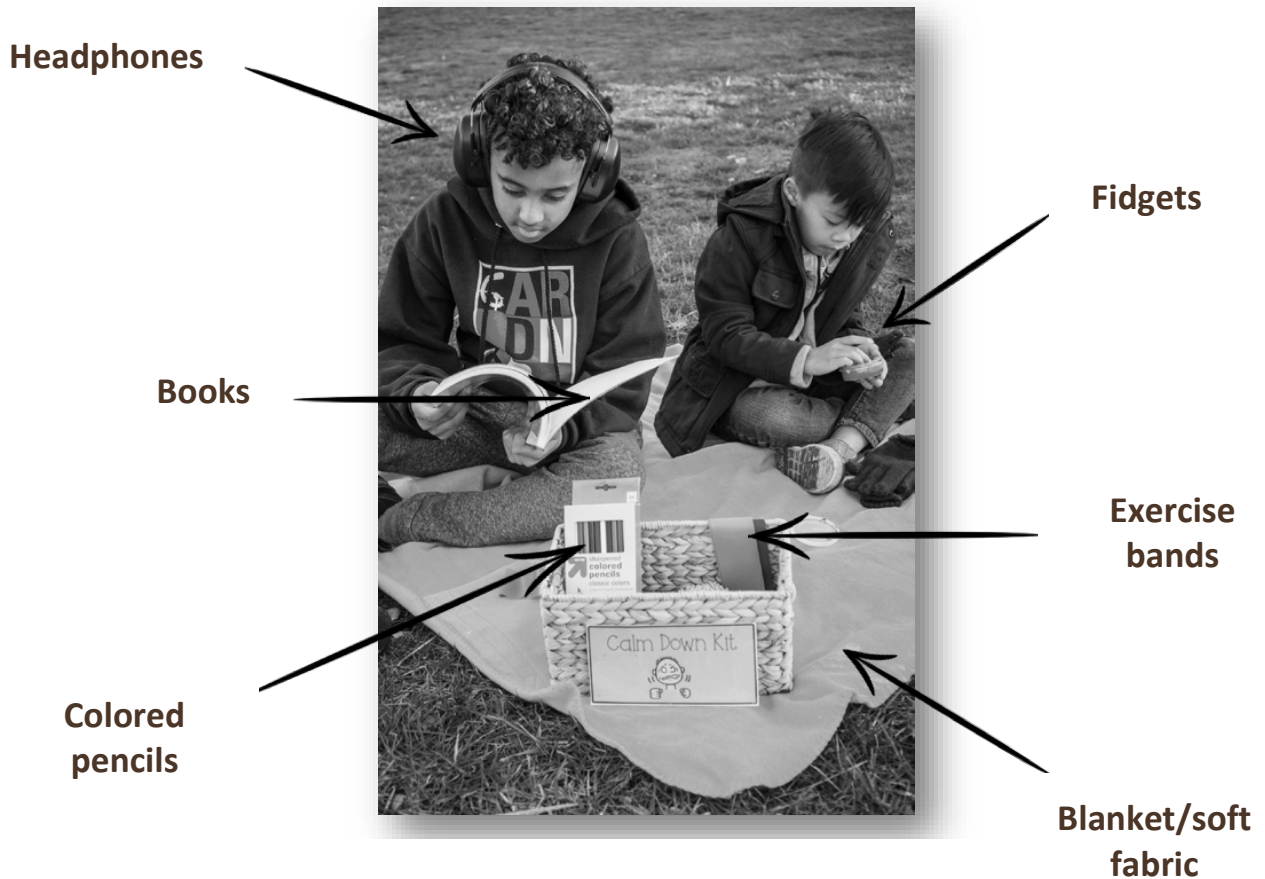
What are the hardest parts of the day? How do you wish those parts of day would go better?

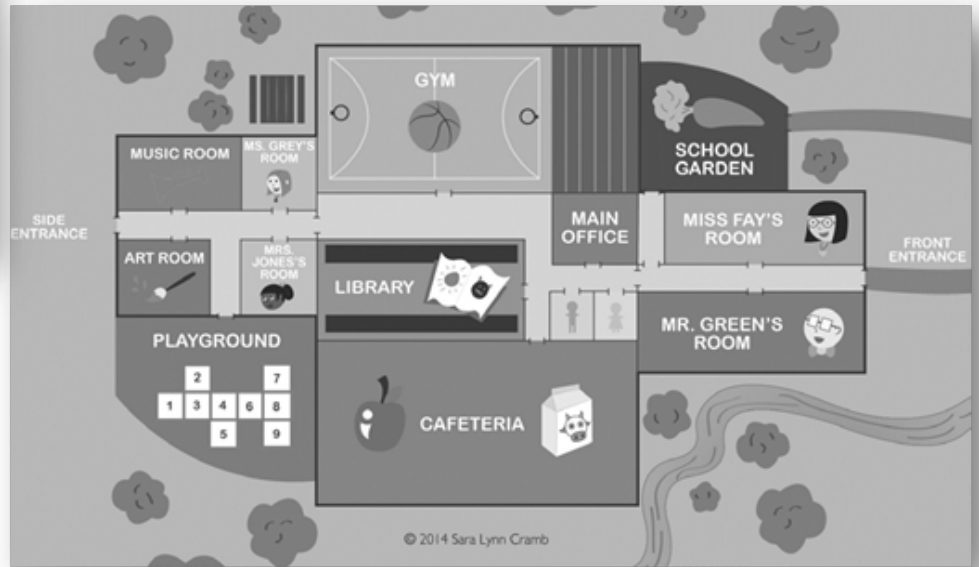
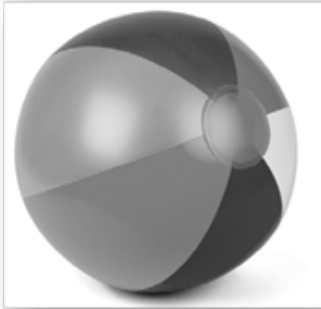
Bag of Tricks

- Contains tangible objects
- Is portable
- Supports diverse needs in diverse situations

Notes:

Calming Supports	Opportunities for self-regulation
Visual Supports	Opportunities to define space, breakdown tasks, show the schedule, sequence activities/routines
Transition Supports	Opportunities to easily move from one space/activity to the next
Alternate Activities	Opportunities to take a break, engage with a smaller group
Sensory Items	Opportunities to feel better in overwhelming situations





Keys to Success

- Know the youth
- Change items as needed
- Set expectations
- Available to everyone

Notes:

A bag of tricks is a portable set of resources, alternate activities, sensory items, and other accommodations to support youth wherever your program goes. The items listed below is a starting point for your bag of tricks. Include items based on the age, interests, and needs of the youth in your program.

Fidgets	Blank notepad/colored pencils	List of conversation starters
Earplugs	Squares of bubble wrap	Deck of cards
Sunglasses	Noise makers	Laminated cards with song lyrics
Large squares of thin fabric	Poly dots	Bean bags
Binoculars	Small traffic cones	Koosh ball
Magnifying glasses	Jump rope	Sidewalk chalk
Laminated cards with sign language words	Exercise band	Small dry erase board/marker
Books: paperback, trivia, tongue-twisters, identify insects/trees/birds/clouds, maps, Mad Libs	Visual schedule with exchangeable pictures	Portable music player/headphones speakers
	Balls: tennis, stress, glitter-filled, inflatable beach ball	Pre-made game sheets: Hangman, Tic-Tac-Toe, Dots
	Timers	Travel-sized board games
	Small stuffed animal	



Activity Village

Website with 10,000 pages of free activities including coloring pages, educational resources, puzzles, and printables: activityvillage.co.uk. For dice games ideas, visit: activityvillage.co.uk/dice-games.

Search Institute

Website with a variety of school age resources: Great Group Games card pack, "I Noticed!" notes, and *Conversations on the Go: Clever Questions to Keep Teens and Grown-Ups Talking*. Visit: search-institute.org.

Books

National Geographic Kids- *Weird but True!* Series Mickey & Cheryl Gill- *Coke or Pepsi? Forever: Amazingly Awesome Questions 2 Ask Your Friends!* Jeffrey Rutzky- *Awesome Paper Planes*

ConnectAbility

Website with free templates and photo/picture libraries to create visual supports including schedules, choice boards, if/then cards, and sequence cards: connectability.ca/visuals-engine.

Oriental Trading Company

Website with novelty items including a variety of fidgets, bean bags, toys and some sensory items: orientaltrading.com

Fidgets

Amazon.com has a wide selection of resources for purchase including fidgets. Tangles, fidget cubes, Perplexus miniature edition, and Koosh balls are popular fidget items.



Build a Bag

Explore the Bag of Tricks items and consider the ideas you've heard. Then, think about a youth in your program. List the top 10 items you want in your Bag of Tricks to meet the youth's needs.

References

- Cramb, S.L. (2014). School map. <http://www.inkspokes.com/2014/10/20/inkspokes-fall-art-contest-sara-lynn-cramb/>.

Supplemental resources & CEU information

Below are resources that may further your understanding of concepts explored during training. You can access these resources through your KIT Academy account* by signing in at [LearnOnline.kit.org](https://learnonline.kit.org).

Visit the KIT Academy to view related webinars*

- *Helping Children & Youth Develop Coping Skills*
- *Making Activities Accessible with Everyday Items*
- *On the Move: Bag O' Tricks*
- *Planning for Sensory Differences*

Check out the **FREE** related tip sheets:

- *Calming Tools*
- *How to Use Pictures to Enhance Activities*
- *Indoor Gross Motor Activities*
- *Sensory Supports*
- *Simple Signs*

We'd love your feedback:

To help us create content that is meaningful for inclusive practices in child and youth programs, please complete the survey by either scanning the QR Code or using link: <https://www.surveymonkey.com/r/KITvirtual>.



Follow these steps to earn CEUs for this training:

1. Click, copy/paste, or type ceu.kit.org into your web browser.
2. Create an account, select the quiz title, and enter the Quiz Code **iBg99!** to unlock the quiz.
3. Take your quiz, pass with a score of 80%, and download your certificate.

Need support accessing the KIT Quiz Bin? Email ceus@kit.org.

In your email, include your full name, the installation name, and the name(s) and date(s) of training you attended.

*If you don't already have a KIT Academy account, you can purchase individual webinars or an All-Access Pass to gain full access to all KIT Academy content for one year. Visit <https://learnonline.kit.org/store> to learn more.