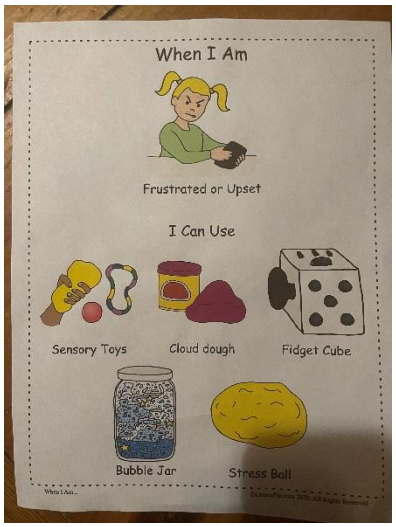
# Creating “Covid Sense” Bags

# A Girl Scout Gold Award Project

My name is Brigid Mack and I am a senior at Columbia High School. I am an ambassador Girl Scout working on my Gold Award. For my project, named Covid Sense, I decided to focus on helping special needs' children with the regulations of the Covid-19 pandemic. I designed sensory bags that include social stories / visual aids about mask wearing, hand hygiene and sensory toys to use for calming when frustrated or upset. If you have any questions regarding the creation of these bags, please do not hesitate to contact me at brigidmack432@icloud.com.

The first social story about “When I am Frustrated or Upset” can be used in any situation. Even after the Covid-19 Pandemic this can still be included with the other bag supplies. Other ideas for social stories may be riding the bus or cafeteria and recess rules. I used a software called Lessonpix to match my bags’ supplies with pictures. But you can probably find free resources with social stories. I laminated them so they would last.

These are the three that I used:



The sensory toys that I used included many scented items and textures. The feedback that I received from one teacher was that the Anchor Worry stone was the favorite for the kids. You do not need to include as many items as I did as it became very expensive to make the bags. To make costs cheaper we switched out the bubble jars for some different textured fabric sewn together. Many toys that worked best can be found for a fair price in bulk on Oriental Trading. Here are some the items I included:

- Fidget cube
- Scented Bookmark
- Anchor Worry Stone
- Scented Cloud Dough
- Squish Balls
- Squishy Scented Donut keychain
- Homemade bubble jar
- Don’t forget a drawstring bag!