Isolation or Weekend Activity Bags Project Ideas

Activity Bags

Patients and families may have a long wait to see the medical staff, need to visit many doctors or staff members in one day, and a long drive to and from the hospital. By giving them something to do when they are here, it helps to make the day go easier and helps them to see their hospital visit in a more positive way. Here is what you may need, or ideas for making activity bags for the kids:

- Large Ziploc or large resealable baggies
- Coloring books (younger children)
- Activity books, mazes, crosswords (school age or teen)
- Plain paper (any color)
- Colored Pencils, WASHABLE markers, WASHABLE Crayons
- Scratch Art
- Play-doh or Model Magic
- Temporary Tattoos
- Stickers
- Crafts kits with all pieces/supplies
- Origami paper with directions
- Deck of cards games (plain or specialty game like Uno, Phase 10, etc.)
- Items to make bracelets (i.e. friendship bracelets with embroidery floss, hemp/macrame)
- Pony Beads, strings/key chains, and directions to make “Beadie-babies”
- Magic tricks (instructions, include materials needed)
- String, with instructions on how to use it (i.e. “Jacob’s ladder”, “Cat in the cradle”)
- Foam crafts (self adhesive or with glue)
- Color Your Own (often found at craft stores or online, like Oriental Trading)
- Joke books
- Any of your good ideas!

Guidelines
1. Before getting started, please WASH YOUR HANDS with soap and water.
2. ALL items must be safe. Do not put anything in the bag that could choke a child, or hurt them like sharp objects.
3. The items must be new (not used).
4. DO NOT put food or candy in the bags.
5. Please do not buy items with latex in them. No latex balloons!
6. Please do not put in chalk. The dust may bother a child with asthma or pulmonary problems.
7. If you must store your supplies, please do so in a clean, non-musty place. Cover the items with plastic wrap if not in a box.
8. If you cannot put “whole” coloring/activity books in the bag, tear out a few pages for each bag. You can also put in 4 or 5 crayons instead of a whole box.
9. Please try to buy items that can be used by all our families. Some families may not celebrate the same holidays. Choose items (especially coloring/activity pages) that are “neutral”. For example, use pictures with snowmen or evergreens, not Christmas trees.
10. It may be easier to make different sets of bags. For example, have one set of bags for younger children, and another set for older children. Or, you could make a set for boys or for girls. Please label each bag with permanent marker with the age for which it should be used (like “preschool age” or “teenager”).

Many patients and families will benefit from your hard work. Thank you for your help!

If you have any questions please contact:
Melissa Sexton, Special Events Coordinator
317.944.8293 msexton@iuhealth.org
Card Making Guidelines

Thank you for your interest in Riley Hospital for Children at IU Health!

If your group would like to make cards:

1. Before starting, please make sure all participants wash their hands!!
2. Due to the nature of the patient’s injuries and illnesses, please refrain from “Get Well Soon” phrases. Instead, encourage your group to say “Have a Great Day”, “Hope your day is Special”, etc.
3. If you are sending cards during the holiday season, please remember that all of our patients may not celebrate the same holidays (Christmas, Hanukkah, etc.). It would be most appropriate to include a variety or keep them more general “Happy Holidays” or “Season’s Greetings”.
4. Please do not put your full name on cards, first names are appropriate.
5. Please do not put any personal contact information (addresses, phone numbers, email addresses, websites) on the cards.
6. The paper must be new and unsoiled, but can be white or different colors. Please only use non-toxic colored pencils, crayons, markers, or watercolors to decorate the cards.
7. Please do not use sand, glitter, tempera paint, or items that can be glued on as they may be choking hazards.

For questions or additional information, please call 317.944.8723.

You can mail your completed items to:
Child Life and Creative Arts Therapies
Riley Hospital for Children at IU Health
705 Riley Hospital Drive, Room 4540
Indianapolis, IN 46202-5200
Emergency Department Hospitality Bags
Project Ideas

These items can be utilized by family members when they are faced with an unexpected or extended stay at Riley Hospital for Children at IU Health.

It would be best to put the following items in large Ziploc bags:

- Brush
- Toothpaste and Toothbrush
- Soap
- Shampoo
- Razor
- Shaving Cream
- Pen
- Notebook
- Mints
- Mouthwash
- Deodorant
- Kleenex
- Lotion

Some people bring the hotel shampoo and conditioner they have leftover from a trip. Please make sure all items are new. Any items not able to be utilized in the Emergency Department will be given to stock the Ronald McDonald House or Parent Carts that visit the inpatient units. There is also a need for new clothing items of all sizes for our emergency and trauma patients.

Thanks for your interest in helping the patients and families at Riley Hospital!

Sincerely,

Melissa Sexton, CCLS
Child Life Specialist & Special Events Coordinator
Child Life and Creative Arts Therapies
Riley Hospital for Children at IU Health
317.944.8293