

Transcript of Experience Bag Video

Hi. My name is Peggy and I work with the Kentucky Deaf Blind Project and I am so excited because I am getting ready to do the Kentucky Deaf Blind Derby Dash. But before that happens, I want to talk to you a little bit about doing an experience bag. And what an experience bag is something you put real objects into. You find any bag you want to around your house or a box, it could be a shoe box or a plastic box. Then you find objects related to the race that you put into the bag or the box. And in doing that you're going to help your child or your student have memories and be able to talk about the experience they had when they ran or walked or crawled or were pushed in the Kentucky deaf blind derby dash. So I think about my memories, I love to get on my phone and look at my pictures from my trip last summer or Christmas or just look at pictures of my kids. So I can go back and look at all those memories, and sometimes our kids with complex needs, they don't have that advantage. I mean really, we all deserve to be able to talk about our memories and things that have happened to us. Right? So follow me as I go around my house and I find some fun objects to put in a bag for my experience bag for the Kentucky Derby Deaf Blind Derby Dash. But first, I think I need a bag. So let me see, I'm going to go over here to my coat closet and I know I have lots of bags in here. How about his bag? It's just a clear plastic backpack that I got to take to football games and concerts. So I've got my bag. You can use any bag..a trash bag, a shopping bag, a gift bag or like I said a plastic box. So now I'm going to think about some good objects to put in my bag. So when you run a race what do you need? Suntan lotion, water bottle, maybe a snack or a hat. So I'm going to see what I can find in my kitchen. Huh, look a hat. Louisville..go Cards whoop whoop

So I'm going to put that in my bag because you definitely don't want to get sunburnt. Um a water bottle, definitely need a water bottle. All right let's see what do we have in the cabinet. Okay, I've got my water bottle and I'm going to put it in the bag with my hat.

Oh, what else do I need? Maybe someone will have a sign that encourages me. Oh look what I found! Go Peggy Go. I'm definitely going to put that in my bag. And if your child reads braille or uses objects, you can have the objects that correspond with go Peggy go. So I'm going to fold this up and put it in my bag. All right and I think I said a snack, right? Okay, so let's get a snack. Ah, here we go a granola bar. I can put a granola bar in my bag. Now if your child's tube fed, then you can actually get a piece of the tube and put it in the bag. So I'm thinking what else? Tennis shoes, of course you need tennis shoes to run, right? My bag is getting pretty full, but that's okay. So, I'm going to put my tennis shoe in my bag. Make sure it's not a smelly tennis shoe, by the way. Okay, so I still need some suntan lotion and I might have some right in here in my laundry room. Oh look, suntan lotion. Perfect, so that's gonna go in my bag. Now one more thing, that I think I might need that we're all having to use nowadays. So here's my mask that I'm going to put in too. So while you're running, walking rolling, crawling, don't forget to socially distance. Okay so here is my experience bag with all of my objects in it. So

maybe after the race I'm going to pull all of the objects out and say "Hey do you remember we had to put on the mask before we went outside to do the race" We put on our shoes, suntan lotion, a hat. And then do you remember? Somebody held up this fabulous sign that said go Peggy go. And after the race we drank our water and ate our granola bar. And then you put all your objects in to talk about later. So I hope you all have enjoyed this little video and I hope you sign up for our fun derby dash and look forward to seeing everybody's pictures.