

Go and see

In the following pages you will find instructions for making the I-Sack.

For the crafting it needs:

1x A4 page

Sticky Tape

Afterwards, based on the formulated questions, the filling and the "outside" of the I-bag is done.

This requires:

Small pieces of paper on which to write and which go inside

Various pens

Glue for the attachment to the "outside"

What is inside

What do I like to do? What do I do well? What makes me stand out?

What do I like to spend my time on?

What are the resources I like to share?

What do I want to pay special attention to in the next year?

The "outside" is easy to decorate, it should fit you and your person.



Craft instructions bag

Lay the A4 sheet across in front of you.

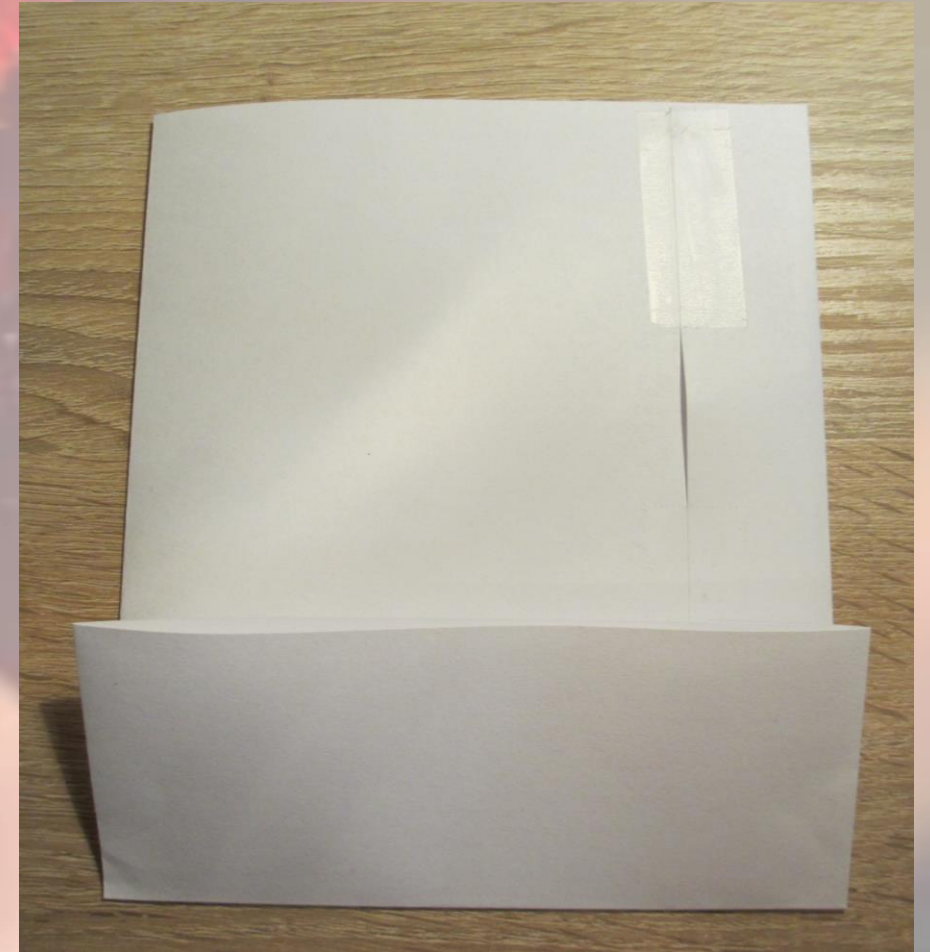
At the beginning, fold the left half of the paper straight onto the right half, so that a margin of about 2 cm is visible on the right.



Craft instructions bag

Now fold this strip to the left and tighten the fold with your fingers.

Glue the strip with Tixo and fold the bottom of the bag. Fold the bottom edge of the paper up by about 5 cm and back again.



Craft instructions bag

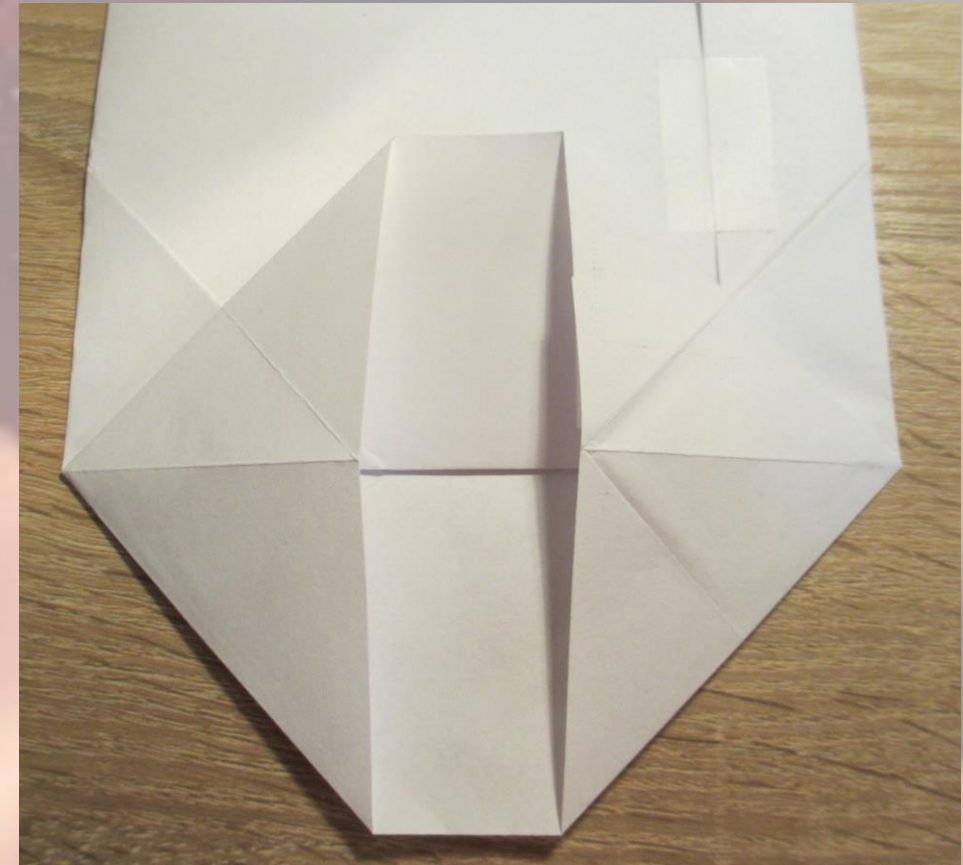
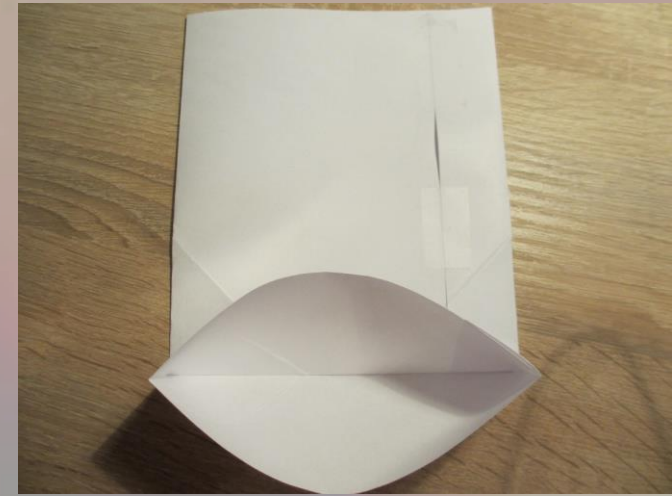
The left and right corners of the bottom are now folded up to the fold line.

Turn the bag over and repeat this process on the reverse side.



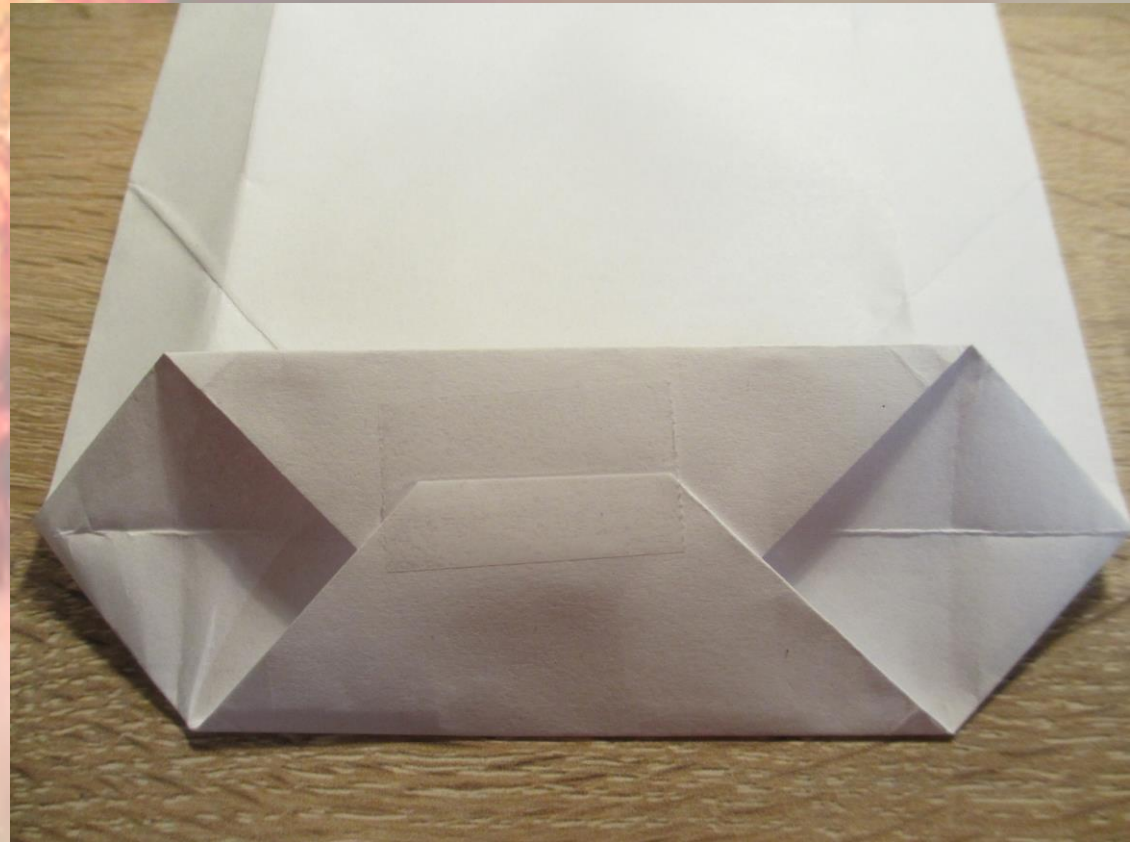
Craft instructions bag

Now reach into the opening from the bottom and unfold it - tracing each fold again with your finger so that the bottom is flat.



Craft instructions bag

To close the bottom, fold the top and bottom halves of the bottom down and up, respectively. Be sure to fold a bit over the center line or you will have a hole in the bottom. Glue the tops with Tixo.



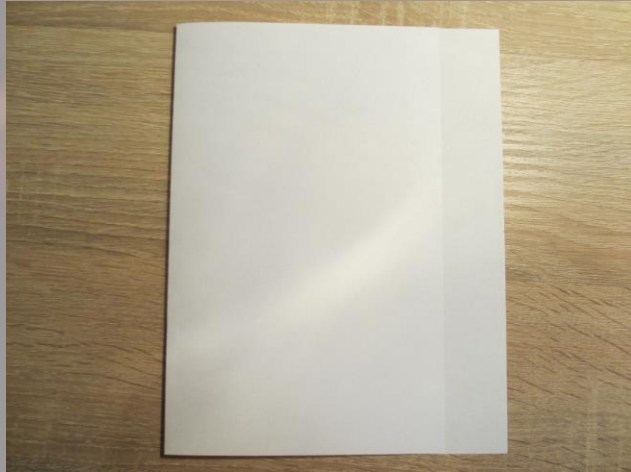
Craft instructions bag

Your bag is now ready to be filled!



Craft instructions bag

1



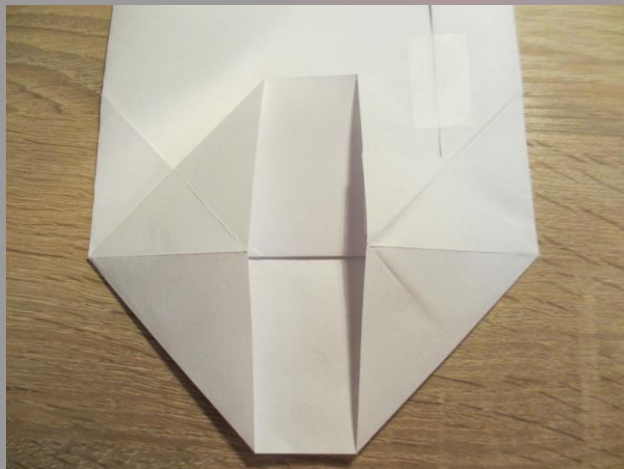
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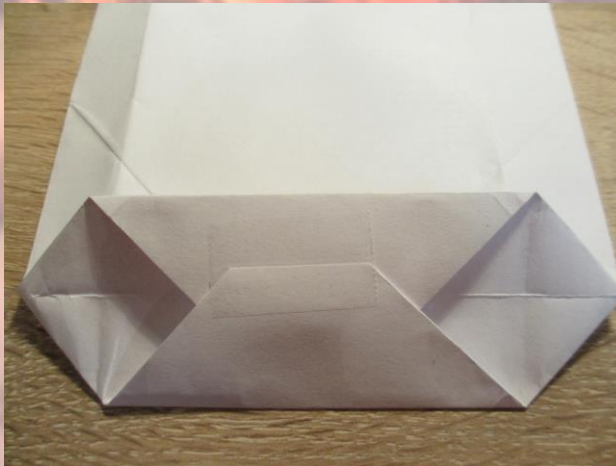
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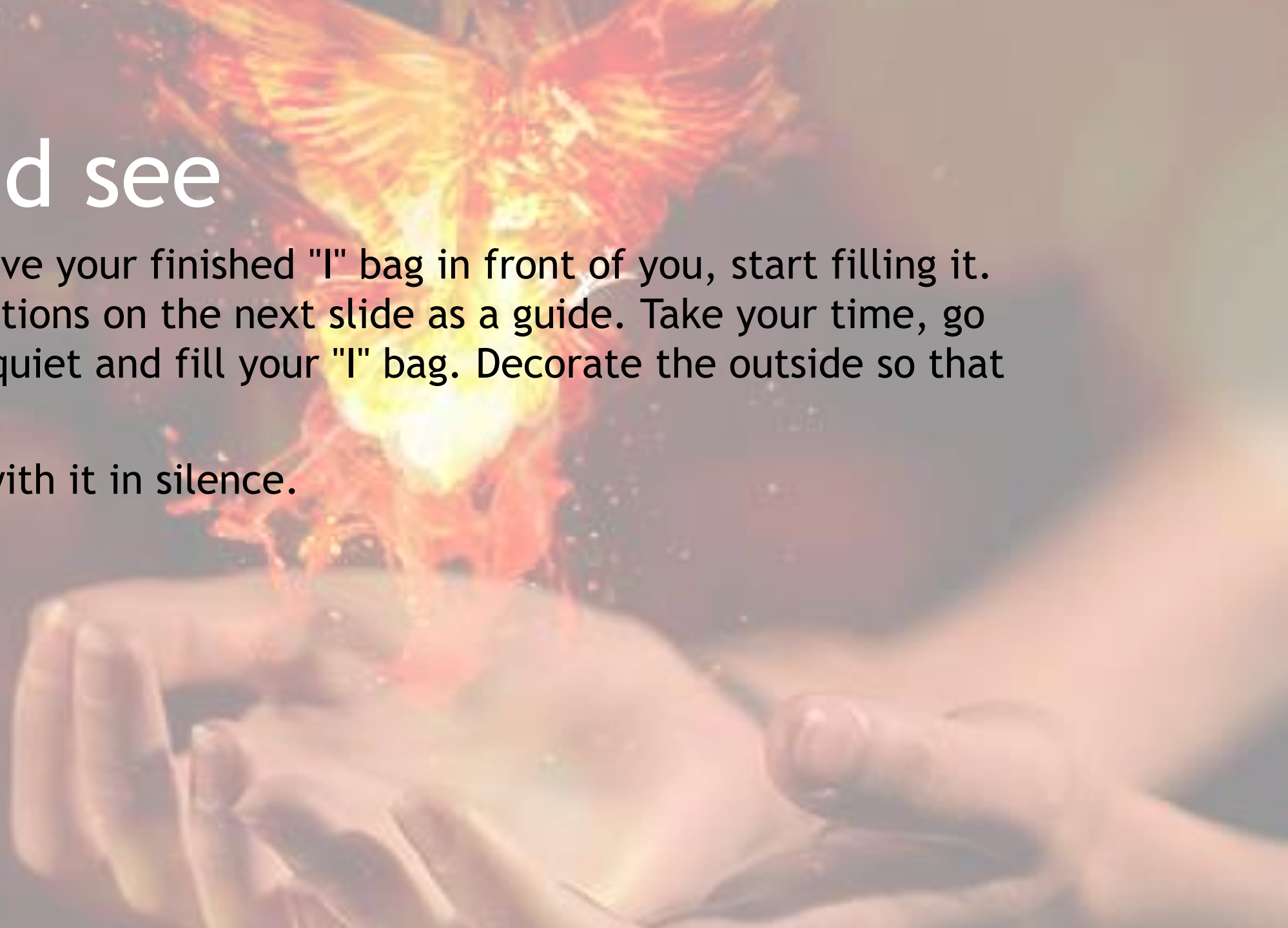
5



Go and see

When you have your finished "I" bag in front of you, start filling it. Use the questions on the next slide as a guide. Take your time, go somewhere quiet and fill your "I" bag. Decorate the outside so that it suits you.

Try to deal with it in silence.



What is inside

What do I like to do? What do I do well? What makes me stand out?

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