

Creating a Sensory Bin



Creating a sensory bin for your child is one of the best ways to help them explore their tactile sensory system! This system uses receptors on our skin to gather information from the environment. It helps us determine exactly what it is we are feeling.

It's simple to make and include three components: a bin, a "base" (dry or wet), and some tools and/or motivating toys.

♥ A bin: any large box or plastic container



♥ A "base"

DRY

- dry pasta
- corn kernels
- dry beans
- rice
- chickpeas
- sand/dirt
- birdseed
- coffee grinds
- cotton balls
- pompoms
- oatmeal
- leaves
- rocks/pebbles

WET

- water
- ice cubes
- water beads
- shaving cream
- cooked pasta
- bubbles
- jello
- pudding

♥ Tools/Toys

- animal toys
- letters/numbers
- anything to scoop (large spoons, measuring cups, serving spoons, plastic spoons, ladle, dump truck, etc.)
- bowls, cupcake trays or ice cube trays to pour into
- any plastic toy your child loves

♥ Activities

Let your child explore on their own!



Practice scooping and pouring in different containers



Play hide and seek with toys/letters/numbers



Draw or write in sticky bins

