

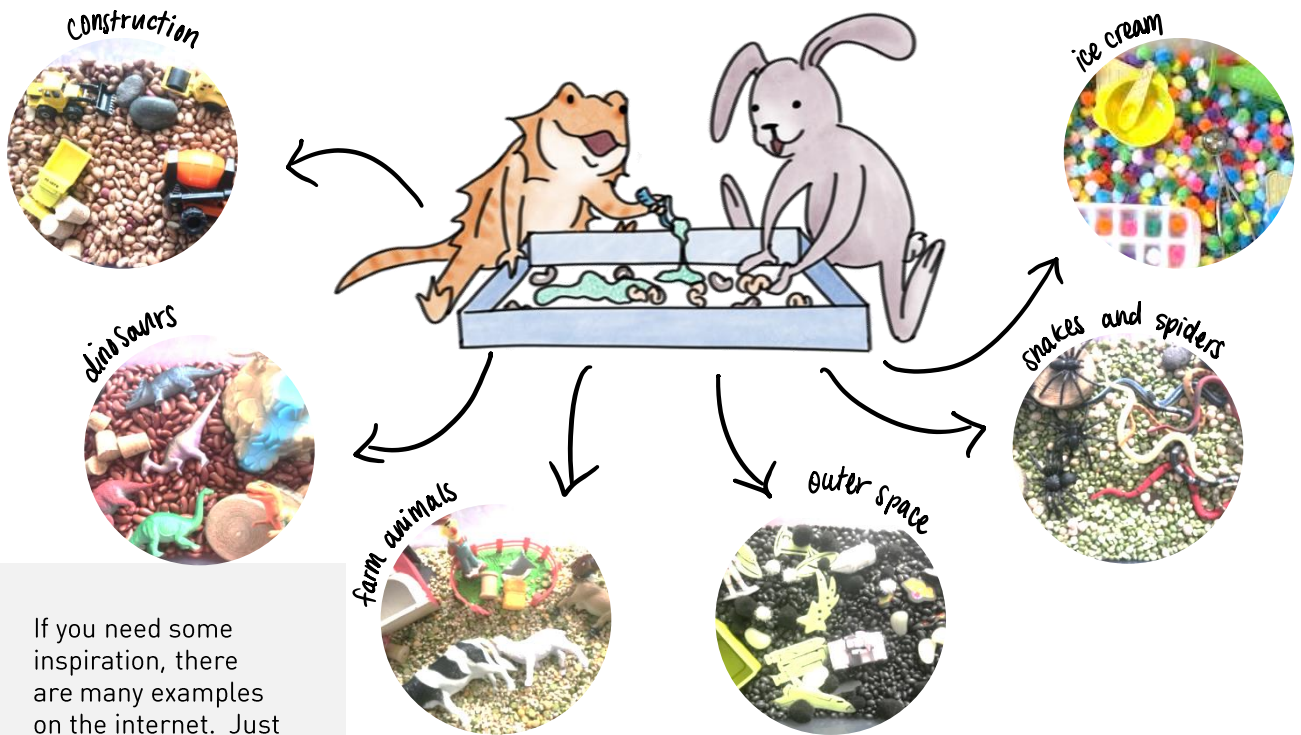
SENSORY ACTIVITIES

Sensory bins are a tactile experience in a container! Sensory play is important for all children at any developmental stage. Children learn best by using all their senses. Sensory bins are great for calming activities, building language skills, fine motor skills and for expressing creativity and imagination. You can engage your child in playing with the sensory bin or just let him explore the bin on his own.

Sensory bins are simple to make and make it super easy to incorporate sensory play in your home. The possibilities for materials you can use to fill the bins are endless! They can be based on your child's interest, around a theme (like springtime or dinosaurs) or just based on what's in the cupboard!

- Use any size or type of container for indoor and outdoor use
- Fill with things like rice, pasta, beans, paper, straws, buttons, sand or water
- Add toys, scoops, plastic tongs, cups, trays, pompoms and bead
- Use natural materials such as rocks, wood and acorns

You can also create a sensory bin with your child's safety in mind - make an edible bin with cheerios, marshmallows, gummies, frozen vegetables or cooked pasta.



If you need some inspiration, there are many examples on the internet. Just use your imagination and get creative!