



SENSORY BINS

A sensory bin is a container filled with a collection of objects (often themed) mixed in with a “base” such as rice, beans, or another small-sized material. Children can use scoops, spoons, or their own hands to discover the objects, while stimulating various senses. The bins are a great way for your child to explore a variety of textures while being engaged in fun (and sometimes messy!) play.

Below is a very simple list of common items that can be easily obtained to create a variety of sensory bins. Start with the materials you already have while you and your child discover how they react to various types of input. Does dry tactile input seem to have a calming and self-regulatory effect? Does wet tactile input tend to be more difficult to tolerate?

As you make these discoveries you will be able to create sensory bins that are fun and engaging for your child while being tailored to their sensory needs.

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| • Dry rice | • Shaving cream | • Plastic Easter eggs |
| • Dry beans | • Corn starch | • Cookie cutters |
| • Corn | • Small toys | • Funnels |
| • Styrofoam peanuts | • Water beads | • Rocks |
| • Shredded paper | • Epsom salt | • Seashells |
| • Puzzle pieces | • Dry noodles | • Leaves |
| • Jewels | • Cooked noodles | • Pinecones |
| • Cotton balls | • Beads | • Flowers |
| • Pom poms | • Jingle bells | • Spoons |
| • Squishy toys | • Buttons | • Tongs |
| • Shovels | • Feathers | • Ice cream trays |
| • Buckets | • Ribbons | • Colored sand |
| • Play dough | • Shredded tissue paper | |