

Guide to Sensory Bins

Sensory bins provide so many benefits for children! There are a variety of learning opportunities you can target with these fun little bins. Sensory exploration, fine motor skills, social interactions, language and cognitive development can all be targeted while playing with sensory bins. They can also be used for children of all ages!

Find a Container

Choose a container that's fairly shallow and easy for your child to access.



Lay a towel or sheet underneath the container to create a boundary for the sensory bins and items. Or, take it outside for some added fun!

Choose Your Materials

Edible Sensory Items:

- Cooked Rice
- Water
- Rice Krispies
- Cheerios
- Oatmeal
- Jell-O
- Cooked Spaghetti
- Purees (yogurt, pudding)

Non-Edible Sensory Items:

- Dried Beans
- Dry Rice
- Pom-Poms
- Play-Doh
- Water Beads
- Dirt / Mud / Sand
- Shredded Paper
- Shaving Cream

Add Some Manipulatives

You can change these out as often as you like. The possibilities are endless! Choose manipulatives based on your materials, seasons, holidays, etc.



- Spoons, cups, scoops
- Funnels, Colander
- Cars, trucks, bulldozer
- Hidden jewels & treasure
- Foam letters & numbers
- Cookie cutters
- Molds & Ice Trays

Communicate, Supervise & Enjoy

Make sure to provide constant supervision while playing with the sensory bins. Enjoy!

You're ready to play! Have fun while playing and talk about what you and your child are doing, seeing, and hearing. Use action verbs (scoop, stir, pour) and descriptive words (wet, dry, sticky, big, little, etc).



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