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Date: 4/2/2020

Title: **Sensory Bins**

Rachel Lawrence, Occupational Therapist:

We often make things more difficult than they have to be: making a sensory bin at home is easy!

Gather items by:

Color (black/white, rainbow, holiday themed)

Size (big/little, thin/wide, light/heavy)

Shape (rectangles, circles, spheres, lumpy)

Texture (bumpy, smooth, rough, furry)

Function (winter clothes, utensils, bathroom items)



Jennifer Parker, Teacher of Students with Visual Impairments

Sensory Bins!

These are some fun sensory bin ideas that I found on The Bump.com

(<https://www.thebump.com/a/sensory-bins>).

When children are engaged in their play and using hands-on learning, they are not only having fun but building on many areas of development. They are building their concept development, language skills, motor skills and their social skills as well. Sensory bins are wonderful for tactile exploration and discrimination (ex: put one block in a bin of balls for your child to find what is different). Adding toy animals or other play sets encourages pretend play. Sensory bins are great because they are easy to change out, and can include so many (developmentally appropriate) materials! You can use a large bowl, a bucket, or a Tupperware container. Add in some spoons, cups, and other household objects to use as tools in the buckets.

Here are some ideas for what to put in your sensory bin:

- Water
- Beans
- Rice
- Balls
- Noodles
- Cereal
- Sand
- Cotton balls
- Snow
- Corn kernels
- Water beads

****Always be sure the materials you put in are developmentally appropriate for your child. Use caution and plenty of supervision if your child is putting objects in their mouth. ****