

How to Make a Sensory Bin

FOSTER VILLAGE

Sensory bins are a great way to give young kids all kinds of sensory input, and can keep them occupied for a long time! There are hundreds of ways to make a sensory bin, so you can pick and choose what fits your child's interests best, or mix it up each day!

Step 1

Get a clear bin with low sides



Step 2

Pick your base. Common bases include:

- Uncooked rice/beans
- Uncooked pasta
- Cooked noodles
- Dirt
- Sand
- Water/bubbles
- Dry Oatmeal
- Water beads
- Pom-poms
- Cut-up paper
- Seeds
- Mulch
- Fish gravel
- Uncooked Chickpeas
- Packing peanuts
- Sticks
- Tinsel
- Shaving cream/foam

Fun Tip: Adding food coloring to many of these items, like noodles, rice, chickpeas, or water beads, makes the bin extra fun!

Step 3

Place your base inside the bin



Step 4

Place extra things in the bin to play with—scoops, funnels, and jars are ideal, as are toys such as toy cars!



Step 5:

Play! Make sure to be in the room while your child plays with their sensory bin for safety reasons as well as engaging with your child. Depending on what is in the bin, you may want to put down a tarp or towel underneath. Once you are done playing, you can clean out the bin or put the lid on and store it for future use!