



SENSORY BIN 101

A quick and easy guide all about sensory bins.



WHAT IS SENSORY PLAY?

In the simplest form, sensory play is any activity that engages the senses. Sensory play can be as simple as exploring play dough to creating a sensory bin. There's no wrong way to do sensory play! And the best part is, sensory play can be designed for everyone (babies, toddlers, preschoolers, school aged kids, even adults!) The purpose of sensory play: Ever wonder why kids have to always be tasting or touching EVERYTHING? Children learn through their senses. **We learn and retain information better when we can touch, smell, taste, see, and hear something.** This is why children will often jump in hands first when they're exploring a new substance. **The purpose of sensory play is to blend a multi-sensory approach into learning.** Learning and discovering through play should be the framework to your child's day.

you can say.

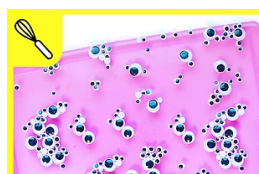
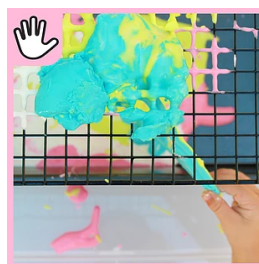
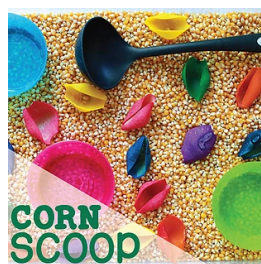


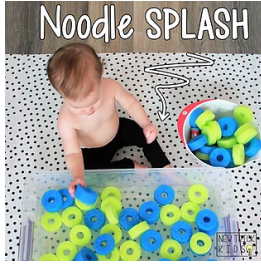
BASIC SUPPLIES YOU NEED TO OWN:

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- **An actual sensory bin:** We liked using this [large under the bed storage bin](#) when E was younger because she could get inside and explore with her entire body, but if your child is more on the destructive side, opt for a smaller [shoebox sized container](#) to start with.
- **Sensory bases:** Some great first sensory bases/taste safe options include water, cereal, cornmeal, oatmeal, ice, gelatin, rice, cooked pasta, whipped cream. Build your stash to progress to sensory bases like chickpeas, beans, rocks, corn kernels, split peas, and dyed dried pasta.
- **Recycled items:** Don't be afraid to dig through your recycling for tools. By tools I mean, containers, scoopers, and egg cartons. We call that "classy trash." Kitchen utensils such as measuring spoons, muffin pans, spoons, bowls, and a whisk are also perfect! You don't need to go out and buy a ton of expensive learning tools.
- **Loose parts:** When the joy of the sensory base begins to fade add some simple loose parts to keep the fun going. [Pom-poms](#), [craft sticks](#), [animal figurines](#), recycled pouch lids, paper towel rolls, [pipe cleaners](#).

Examples of sensory bins for babies, toddlers, and preschoolers:







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