

Sensory Bin Fun!

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What is a sensory bin?

Tub or container filled with materials carefully selected to stimulate the senses.

Why use sensory bins?

Because they are FUN and ENGAGING for all 😊 And you can target...

Expressive/Receptive Language:

- Expand vocabulary (nouns, verbs, adjectives)
- Find objects (e.g. “Where is the ____?”)
- Following directions (e.g. “Put beans in the bowl and dump it out”)

Social/Play Skills:

- Take turns and share objects
- Asking for objects
- Commenting on what each person is doing
- Pretend play
- Conversation (e.g. “I like the _____. What do you like?”)

Articulation:

- Find objects/materials with the targeted sound (e.g. “sand” for /s/, “cars” for /k/)

How can I make one?

Buy a small or large tub (usually \$2-10) and fill it with different materials and textures:

- **Soft:** cotton balls, kinetic sand, feathers, marshmallows, pompoms
- **Squishy:** packing peanuts, cooked pasta, squishy toys, sponges
- **Hard:** beans, corn, rice, pasta, aquarium rocks, buttons, shells, beads, wood, Legos, chickpeas
- **Wet:** ice cubes, water, jelly beads, shaving cream, gelatin
- **Objects:** puzzle pieces, cars, balls, animal figures, shovels, scoopers, tongs, blocks, magnets, bowls



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