

BEACH Life sensory bin – edible sand

Supporting our children with noticing the world around them can seem challenging at times. Being able to see the world around you can take practice. Giving your child a chance to explore and discover while at home will give her the confidence to explore as she goes out into the world. PLAY is our children's work.

[Edible Baby Sand Sensory Play | My Semi Designed Life](#)

Remember – We model fun to our children. Play with them and bring your best silly self. They will respond and want more.

Materials Needed:

- Box of toasted oats cereal or graham crackers
- High-Speed Blender - food processor, blender, 'bullet' etc.
- Shallow Container
- Toys – boats, animals, fish, shovel, scoops, cups, bucket, beach toys



Since this sand is edible, you will want to keep it in an airtight container. If little hands are too wet, I would suggest throwing the 'sand' away after you've played to keep bacteria from growing in between play sessions.

Inside –

If you choose set-up inside, you may want to lay down a blanket/tablecloth for ease of clean up. Sit with your child and model how to play, explore, dig, dump. Use simple words to model functional language – such as in/out, scoop/dump, dig/pat along with concepts like object permanence (hide & seek) by burying a toy and exploring to find it.

Outside –

If you choose to go outside, clean-up can be more manageable. Again, plan to play with your child to model how to engage with the activity.

Developmentally this activity encourages language development through this play, such as labeling objects and using adjectives to describe items and actions. Also, giving choices and waiting for your child to respond with a gesture (even if the gesture is a slight eye glance in one direction), sound or word gives them control of their play looks.

This activity can also support social and emotional development. For example, as a time to connect with your child, explore and know you are there to connect with and support them. You're building trust by interacting, reading cues, and being part of the play/adventure.