

What is sensory play?

Sensory play can incorporate any of the five senses: sight, touch, smell, taste, and sound. Sensory play helps children develop important skills like math, language, motor, and regulation of behavior. Sensory play can have a calming effect on children and can be beneficial when teaching them to manage their feelings and emotions.



Let's make a sensory bin!

Items you will need *NOTE: ADULT SUPERVISION REQUIRED WHEN EATING AND PLAYING WITH SMALL ITEMS!

- Bowl/container/tote bin or box (any size, shoe box, tote bin, Tupperware containers, mixing bowl, etc.)
- Unpopped popcorn kernels
- Popped popcorn
- Pirates Booty/other crackers (if you are worried about your child eating popcorn)
- Train toys
- Animal toys (wooden puzzle pieces, plastic figures)
- People's toys (dolls, wood, cloth, plastic figures)
- Measuring spoons, spoons, small bowls, measuring cups, small cups

Directions:

- Parent/Adult/Caregiver: set up the sensory bin with the items you are including
- Present to your child in a safe and comfortable setting: seated at a table, on the floor, in a highchair, etc.
- Model or demonstrate how to play; show your child how to dig, pour, put their hands in

Pro Tip: PLACE SENSORY BIN AND CHILD SEATED ON A TABLECLOTH, TOWEL, OR SHEET FOR EASY CLEAN-UP!

What skills can I target during sensory play?



Fine motor: picking up small items between the pointer finger and thumb & pouring between containers

Language: model words for your child

Nouns: popcorn, spoon, cup, animal, etc.

Verbs: pour, dig, scoop, turn, eat, chew, etc.

Prepositions: up, down, in, out, under, over, etc.

Adjectives: small, big, hard, soft, crunchy, etc.