



Sensory Bins



Sensory materials are amazing!

They are open ended materials that provide hours of entertainment and learning. They teach and reinforce fine and gross motor skills and cultivate exploration skills, problem solving and concept development.

The best part is that they don't have to be expensive! You probably have four or five sensory materials in your pantry right now

What are sensory materials?

Sensory materials are any materials a child plays with that stimulates their five senses Sight, sound, smell, touch and taste. The best mat stimulates more than one sense. For example: dry pasta is a great sensory material.

Dry pasta

Sight dye it or leave it natural. Different shapes provide visual variety.

Sound. Plinks when it is dropped into a cup.

Touch. It comes in different shapes and textures.

Taste it is even safe to eat (not recommended)

It can be used with cups, spoons, scoops and owls for hours of fun! You can add plastic animals, dinosaurs, cars and trucks to extend play and add to the fun.

Materials

Plastic bin. I prefer clear plastic bins, but any will do.

Filler of your choice:

Oatmeal

Chickpeas dried **not canned**

Cooked cold spaghetti

Bird seed

Sand

Dried beans

Sand

Rice

Flour

Corn meal



CFCE Program

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