

## Sensory Bins

Sensory bins allow children to explore, play and create while using their different senses. With a variety of materials you can create bins that follow your child's interests and encourages them to try new sensory experiences.



### Why?

**\*encourages body awareness**

**\*promotes early math skills/concepts and scientific thinking**

**\*strengthens brain development, nerve connections and enhances memory functions**

**\*builds fine motor skills**

**\*encourages imagination and creativity**

**\*provides opportunities for language development**

**\*promotes self-regulation**

### How?



- 1) Find a shallow bin (choose one with a lid if you want to save it for later)
- 2) Fill it with materials - these could be items you find around the house or things in nature (eg. dirt, rocks, sand, shredded paper, epsom salt, water, pasta noodles, sand , etc)
- 3) Add small toys, kitchen utensils, containers, etc, for your child to use in the bin. Items that can be used to scoop and pour work great. Involve your child in what they want to add as well.
- 4) Let your child explore the sensory bin! You can use this time to talk about the different textures or smells, or simply observe the way they play.
- 5) Sensory bins aren't just for the kids. Join in or make a bin for yourself!