

Benefits of Sensory Bins

Sensory Bins, bags and trays offer so much to small children and whilst playing with them, they are learning so much.

! Items should not be passed from one child and adult, to another and should be thoroughly washed in hot soapy water, after each use.

! After each session you can wash many things in the washing machine or dish washer. Everything which cannot be washed this way should be wiped down with disinfectant spray.

- Cognitive development. A sensory bin which includes hide and seek activities or filling and pouring helps to develop their cognitive skills for learning.
- Fine motor skills. Bins which include small things to grasp like cheerio's or raisin's, are excellent in boosting fine-motor skills as they grasp and manipulate the items in sensory bin.
- Attention span. These activities have a way of helping children improve their attention to task too, they will often play for longer periods of time than more structured activities and turn-taking games.
- Self-calming skills. Children who struggle to manage their emotions and behaviour can be helped by the calming meditative nature of Sensory bins. Children can get overwhelmed with sensory input, so using tactile play and fidgeting can be calming and help their sense of wellbeing.
- Sensory processing. Encouraging children to use their senses while playing. Smaller children will quickly pick up on the calming sound of beans falling into a cup or make some sensory playdough which has texture, smell and even taste.

Sensory Bin Ideas for Babies

When you are creating anything sensory, safety is a big consideration. Remember babies put everything in their mouths, so your options are to make something which is edible or use only age appropriate toys.

Sensory activities for very young babies.

A sensory pack with feathers, ribbons, sleigh bells, scarves, and foil blankets, offer your babies a sensory experience which encourages their interaction with the wider world by engaging their senses. These items bring colour, sound, texture to young babies and support their early development.



Cereal sensory bin

Cereals make for great sensory bin fillers for babies. Making a bin full of baby-safe cereal and adding some fun scoops in different sizes.



With this sensory bin, even babies as young as 6 months will be on the road to learning cause and effect along with concepts like empty and full, and heavy and light.

! Remember these should be emptied and renewed after each child.

Water sensory bin

From just a few months after birth, most babies will splash happily during bath time, kicking their feet and watching with fascination as the water flows through their little fingers.



Filling a plastic bin with a few inches of water and including some age appropriate toys.

! Remember, it's only safe for small children to play with water when they are constantly supervised.

Pasta sensory bin

Giant shell dried pasta is a safe and fun sensory bin filler for babies. Just be careful it doesn't break into small pieces, so a little bit of supervision is required. Adding toys like plastic linking rings, plastic animals or dolls, or why not dye the pasta different colours for some rainbow fun.



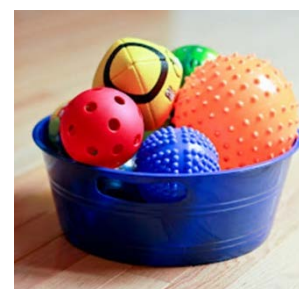
Pool noodle sensory bin

Cut pool noodles into chunky pieces for a fun twist on a water sensory bin. These can totally be used for dry play too—it's all about encouraging baby to use their imagination and fine motor skills. Watch as the children work out how to stack, roll and float these small cylinders.



Ball sensory bin

A bin full of balls in different colours, textures and sizes makes the perfect sensory bin for babies. It is a fun way for baby to explore and learn about different textures in a safe environment.



Sensory Bin Ideas for Toddlers

Rice sensory bin

Rice is one of the best sensory bin fillers out there. You can buy it in bulk-sized bags, which lets you create a sensory bin large enough for several children to play at once. You can add just about anything under the sun, and you can change it up regularly. You can make them to match a theme. You can keep things simple and add everyday kitchen utensils. You can easily colour rice using dry food colour which give it an extra dimension.



! Remember these should be emptied and renewed after each child.

Beach sensory bin

Create a box with sand on one side and water on the other, separated by a row of shells. This sensory bin wraps fun and learning all in one! It will fit well into all kinds of bible related themes, and the children will get to splash about a bit too.



Farm sensory bin

Using corn kernels as a medium, children can scoop, push, stack, load and unload, they're also great for teaching and learning too; you can cover everything from animal names and sounds to learning about habitats, as they grow they can draw shaped in the kernels too.

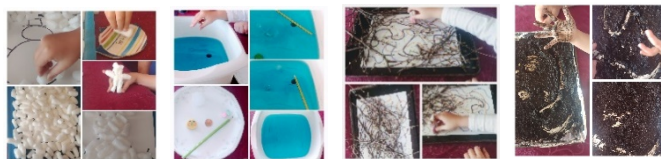


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Sensory trays

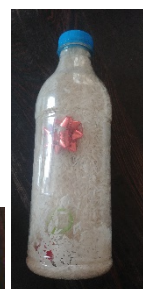
Sensory trays which help you to tell the story of We're going on a bear hunt.

These trays can be separated, and used to create pictures with packing noodles, going through a maze with the twigs, drawing picture in the mud and floating and sinking experiments with the water.



Sensory Bottles

You can take these anywhere. Fill them with sticks which rattle, water which sloshes, flour and coco mixture, which is gloopy, and flour, rice which you can hide things in for them to be found as they shake or cotton wool with glitter and sequins which sparkle in the light.



Sensory bags

Sensory bags which can be attached to the window or on the floor. They can be filled with anything with has an interesting texture, and sound.



You can also make quick easy window sensory things using cling film and paint sandwiched inbetween. Toddlers can draw a picture in this and then wipe them out again.

