

Sensory Bin Activities and Apps/Websites for Children

The goal of these resources is share information with families for children who may benefit from additional sensory stimulation. These materials may be used with a variety of ages, dependent on the child's sensory needs.

Sensory bins, bags and bottles are easy and inexpensive to make. They don't require a lot of room in order to implement and take up minimal space when storing or not in use. These items give children the opportunity to further their sensory exploration within their own home. Videos of various songs, sounds, visuals and interactive apps can contribute to a positive sensory experience for children. Tactile input from sensory bins or bottles, as well as sound and visual input, may allow for a more vast sensory experience. These items can be tailored to the child's individual preferences.

What are the possible benefits of sensory-based activities?

- Language Skills – Children may be able to expand their vocabulary and language skills as they describe their own play experience or as language is modeled for them.
- Fine Motor Skills – Fine motor skills may be improved by manipulating small objects, dumping and scooping activities in sensory bins and while using apps by manipulating a device.
- Social Skills – Social skills are practiced by learning about sharing, playing and communicating with others while engaged in sensory play.
- Meeting sensory needs – During this unprecedented time, sensory input may be few and far between. By creating a sensory activity and experience, this may help to eliminate a child's attempts to seek out external sensory input in less appropriate ways.