

Sensory Bin Activities

Sensory Bin Basics:

You will need the following supplies to create quick and easy sensory activities:



<https://busytoddler.com/2016/04/sensory-bin-basics/>

The “Tub”

Medium under-the-bed type storage tub (this is the same tub that you will use to create the sensory bin). A medium storage tub is ideal for sensory bins because of the high sides. It keeps everything contained and defines the learning space.

The “Bases”

After you are done with a sensory bin, you can pour the base back into a large Ziploc bag. Some good examples of “go-to” bases are rice, beans, corn meal and even pompom balls. All of these bases save well, play well and are fun!

The “Tools”

Inside the bin, you can include a variety of your favourite tools. These tools stay in the sensory bin and are dedicated activity tools. You have to have some fun tools to play with to keep the sensory bin engaging.

Sensory Bin Supplies

Tongs, measuring cups, funnels, jars/containers, mini construction toys or cars, other toys

Store it all together for quick and easy sensory fun.

Here are 8 quick and easy sensory activities that you can create in seconds using the previous supply list:

Letter Hunt: <https://busytoddler.com/2016/02/letter-hunt-for-early-literacy/>

Spell Your Name Sensory Bin: <https://funlearningforkids.com/spell-your-name-sensory-bin-hunt/>

Scooping Station: <https://busytoddler.com/2015/9/scooping-station/>

Construction Zone Play: <https://playteachrepeat.com/construction-zone-play/>

Pouring Station: <https://busytoddler.com/2015/9/pouring-station/>

Rice Bin: <https://busytoddler.com/2015/11/rice-bin/>

“My Family” Sensory Bin: <https://playteachrepeat.com/my-family-sensory-bin/>

Farm Sensory Small World: <https://busytoddler.com/2016/01/farm-sensory-play/>

Here are more simple activities that you can do with these sensory bin basics:

Bean pool – just play in the tub not a pool: <https://busytoddler.com/2015/09/bean-pool/>

Dino Bin: <https://busytoddler.com/2015/09/dino-bin/>

PomPom Pouring: <https://busytoddler.com/2015/11/pom-pom-pouring/>

Spring Sensory Bin: <https://playteachrepeat.com/spring-sensory-bin/>

Scoop and Pour Activity: <https://playteachrepeat.com/scoop-and-pour-activity/>

Button Excavating: <https://busytoddler.com/2016/02/button-excavating-digging-sensory-activity/>

Ice Box Play – swap the normal bases for ice cubes!: <https://busytoddler.com/2016/01/ice-box-fine-motor-skills/>

Rainbow Rice

<https://happyhooligans.ca/rainbow-rice/>

Materials:

1 cup of rice
1/2 tsp vinegar
Wilton icing gel (you could also use several drops of liquid food colouring)



Steps:

How to Dye Rice

- Pour a cup of rice into a container or sandwich bag. Then, with a toothpick, swirl a generous dollop of icing colour-gel through the rice or add several drops of liquid food colouring.
- Drizzle 1/2 tsp of vinegar over the rice
- Shake well

Drying your coloured rice

- Spread each batch of coloured rice out on a plate or a baking sheet
- Place your rice in the sun or air-dry
- Once the rice has completely dried, put it into a larger bin. Add any extra toys or items to the bin for kids to explore
- Store rice in a container for future play activities

Rainbow Noodles

<https://www.growingajeweledrose.com/2014/02/rainbow-sensory-play-with-dyed-noodles.html>

Materials:

Cooked pasta noodles

Ziploc bags

Food coloring

Vegetable oil

A play bin or container

Note: We used cooked spaghetti noodles here, but you can use any type of noodle. All types are fun!



Steps:

- Begin by cooking your pasta noodles as normal, and then rinse them under cold water.
- Divide the noodles into bags, using one bag for each color of pasta that you wish to make.
- Add several drops of food coloring to each bag along with a drop of vegetable oil.
- The oil just helps to coat the noodles in color.
- Seal the bags and give them to kids to shake and squish.
- Continue to mix the bags until the noodles are fully saturated in color.
- Once the noodles are saturated open the bags, and allow them to sit for 10-15 minutes so that the colors can seep into the noodles.
- Then, rinse the noodles under cold water to remove any excess food coloring.
- Place your noodles into a large bin or container, and the fun can begin!
- Add kitchen gadgets, play tools, treasure coins, or alphabet letters, and kids are sure to have a blast!

Jello Play Dough

<https://www.growingajeweledrose.com/2019/08/jello-play-dough.html>

Materials:

Jello Play Dough Recipe (per color)

1 & 1/3 cups all-purpose flour

1/2 cup of salt

2 tbsp cream of tartar

1 cup of boiling water

1 box of sugar free Jello

1 tbsp of cooking oil



Steps:

- Begin by adding the flour, salt, and cream of tartar to a large mixing bowl.
- Stir until combined. Momentarily set this to the side.
- In a separate bowl combine 1 cup of boiling water with 1 box of Jello.
- Add 1 tablespoon of cooking oil and mix until the ingredients are combined and the Jello powder is dissolved.
- It is now time to combine the wet & dry ingredients.
- Pour the bowls together and stir the ingredients until the play dough begins to form.
- Once the dough is formed remove it from the bowl and knead it with clean, dry hands.
- If the dough is too sticky add a bit of flour and knead it in.
- After a bit of mixing & kneading you will be left with delightfully soft Jello play dough!
- Repeat this process for each color of Jello play dough that you wish to make.
- Give kids play dough tools and they are sure to have a blast!

Tips & Storage

Store your Jello play dough in an air-tight container in the fridge, and it can be used for up to 1 week!

For the best result, it is recommended you use sugar free Jello powder.

Regular Jello WILL WORK, it is just a bit more sticky.

Any cooking oil will work for this recipe.

Lava Lamp Sensory Bags

<https://www.growingajeweledrose.com/2013/09/lave-lamp-sensory-bags.html>

Materials:

Baby oil (or cooking oil)

Ziploc bags

Homemade neon water colors (water and paint-see steps below)

Clear packaging tape

Steps:

- These sensory bags are so easy to put together! Use sandwich size bags and baby oil (cooking oil can be substituted)
- Fill each bag 1/4- 1/3 with baby oil. Then, add 1-4 tablespoons of neon water colors. We added varying amounts for different effects.
- The watercolors are a simple mix of water and Glow in the Dark or Fluorescent paint
 - Just add a little glow in the dark or fluorescent paint into very warm or hot water and stir well. Use glow in the dark paint for water that glows in the dark. Use fluorescent paint to make water that glows under blacklight. Stir until the paint is completely mixed into the water. The warmer the water the faster the paint turns to a liquid and mixes in.
- If you use glow in the dark paint you will need to “charge” the bags by a light source just before play. If you use fluorescent paint you will need a black light fixture or a black light flashlight.
- Seal the bags, making sure to squeeze as much air out as you can. Then, secure the top of the bags with clear packaging tape.
- That's it! Then, it's time to play!
- As kids squish and play the lava lamp sensory bags will bubble and ooze. The more that kids play, the more oozing bubbles that will form.

