



SENSE

Sensory Activities

by Jamie Reimer

SENSE



BAGS & BOTTLES

Explore with Sensory Bags & Bottles
All Year Long!



Mess-Free Finger Painting

Supplies:
plastic baggy
paint
paper
tape

1

Add globs of paint to a piece of paper.

2

Insert paper (with paint on) into a large baggy and seal.

3

Smear around the paint to create a masterpiece!



Tips:

Tape down to secure to a work area.

When finished, cut the sides off the bag and carefully peel the plastic off starting with the original opening.

Use this as a fun way to introduce colors and color mixing!



Glitter Painting in a Bag

Supplies:

dish soap/hair gel/shampoo/etc

glitter

plastic baggy

1

Put dish soap (or hair gel, shampoo, body wash, etc) into a baggy.

2

Add some glitter and seal the baggy tightly.

3

Explore the feel of the dish soap!



Tips:

Older kids can practice writing letters with their fingers or a popsicle stick.

Tape the baggy to a window or patio door - so pretty on a sunny day!

Double bagging can help prevent leaks!

Add a piece of paper and paint inside to make an actual painting!



Slimy Eyes Sensory Bag

Supplies:

food coloring (optional)

googly eyes

hair gel

plastic baggy

tape



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1

Squeeze some hair gel into a baggy. Add food coloring to make it colorful.

2

Add some googly eyes.

3

Seal it tightly and tape it to a window.



Tips:

Be careful to not to let them bite the bag. If they do, use some scotch tape to seal it back up.

Use cars to make tracks through the hair gel.

For older kids, draw a monster on the bag. They can give the monster eyes!



Waves Sensory Bottle

Supplies:

sequins & other craft items
 blue food coloring
 funnel
 glitter

vegetable oil
 water
 hot glue/glue gun
 plastic bottle with lid



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1

Fill a bottle 2/3 full with water (a funnel makes it easier) and add a couple of drops of blue food coloring. Add some vegetable oil.

2

Pick out some items to put in the bottle - googly eyes, beads, glitter, sequins, pom-poms, whatever you have in your craft supplies!

3

Super glue the lid on. Shake the bottle and watch all the items float around in the waves.



Tips:

Don't fill the bottle all the way up with water and vegetable oil - it will overflow when you add the other items!

Don't skip the step of super gluing the cap on. It's super important!

Clear oil will work best for this, but use vegetable oil if that is what you have on hand.



Soapy Sensory Jars

Supplies:

- dish soap*
- food coloring (optional)*
- glitter (optional),*
- large plastic jars with lids*
- super glue*
- water*



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1

In a large plastic jar, fill with 2/3 water and a squirt of dish soap. Add food coloring and glitter, if desired.

2

Seal the lid on tightly with glue.

3

Shake and watch the soap bubble up and watch them disappear. Repeat!



Tips:

Gluing the lid on is completely optional, I never have. If you're worried about your toddler unscrewing the lid, then glue it!

You can use this simple sensory jar as a calm down jar to watch the bubbles disappear.

You can add other small objects to the bottle, like sequins and pom poms. Older kids could use it as an I Spy jar.



Make a Bottle Rattle

Supplies:

*plastic bottle with lid
various items from the pantry*



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1

Find a small bottle with a lid. Set out a bowl of small items (to make this edible, use snack items!)

2

Poke the small items into the bottle, one by one.

3

Close it up and shake!



Tips:

If you don't want to use snack items, find other 'harder' items that will make a noise in the bottle. Just be careful of size if your child is a mouther.

Ask questions of your toddler, can you hear it? Does it make more noise the faster you shake?

Older kids can make several rattles with different items in each one. Compare how they sound.



Ribbons in a Bottle

Supplies:

- fabric or ribbons*
- narrow-neck bottle*



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1

Set out several scrap pieces of ribbon of different lengths, along with a narrow-neck bottle.

2

Push the pieces of ribbon into the opening of the bottle.

3

Shake the ribbons to come out and use fingers to pull them out. Repeat.



Tips:

Add a spark of fun to it with a simple spoon, or craft stick to push the ribbons down through the neck of the bottle.

Older kids can first measure and sort the length of the ribbons. Short and long piles, or a lineup of shortest to longest.

What else could you find to put in the bottle and dump out? Try it!



Sound Sensory Jars

Supplies:

*plastic containers with lids
various objects from around the house*



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1

Fill small containers with small objects such as popcorn, marbles, beads, coins, rice, beans, etc.

2

Put the lid on tightly. Run a bead of hot glue around the rim before putting the lid on if you are worried about your child opening it.

3

Play with them as musical instruments, guess that sound, or sort them according to their sounds (loud or quiet, groups that rattle, shake or jingle)

Tips:

If you don't have plastic containers with lids, use what you have on hand; yogurt containers, plastic eggs, or even paper towel tubes pinched closed and taped.

For older kids, make two of each sound jar and have them try to match them up!

These jars are a great way to expand your child's vocabulary with words to describe the sound - rattling, ringing, jangling, loud, soft, etc.

SENSE



TUBS & TRAYS

Explore in Sensory Tubs & Trays
All Year Long!



Cloud Themed Water Play

Supplies:

*blue food coloring
container, cups
glitter*

*pom poms or cotton balls
strips of gauze (optional)
water*

1

Fill a tub with water.

2

Add blue food coloring, strips of gauze, glitter, cups and cotton balls.

3

Explore and have fun!



Tips:

Add any other fun blue items you have around the house.

Use the cotton balls to soak up the water, squeeze them and make it rain!

Have some dry cotton balls on hand to talk about the different textures.



Nature Soup Sensory

Supplies:

- bucket or tub*
- kitchen utensils (optional)*
- nature*
- small dishes/bowls*
- water*



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1

Collect items from nature to make a sensory tub of nature soup!

2

Fill a tub with water.

3

Add in nature “ingredients” to the tub of water with kitchen utensils, cups, and bowls to make their favorite soup recipe.



Tips:

Make the collection of nature items an activity of its own! Or do them separately so they keep interested.

For little ones or kids who don't like getting wet, you can use a shallow pie pan or just give them less water.

Older kids can write down a recipe (3 dandelions, 4 leaves, a handful of grass, etc) to follow once they've collected their nature items. Then add according to their recipe.



Mix Bubbles in a Pail

Supplies:

- bucket or tub*
- dish soap*
- kitchen utensils*
- water*



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1

Squirt dish soap in a bucket and fill halfway with water.

2

Set the bucket of bubbles out along with kitchen utensils to play!

3

Have fun!



Tips:

Take this outside if at all possible, or make it an activity to do in the bath tub or sink.

Instead of adding the soap first, add it last and let your toddler mix it together to make bubbles himself.

Add favorite toys (hard ones) to clean them.



Sensory Foam

Supplies:

- baking sheet or tray*
- dish soap*
- food coloring (optional)*
- food processor or blender*
- water*



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1

Add a very generous squirt of dish soap to a food processor (or blender). Add just a tad bit of water (less than dish soap). Add food coloring if desired.

2

Run the food processor until the soap fills up the entire basin and becomes foam.

3

Scoop the foam onto a tray to explore!



Tips:

Add kitchen utensils and bowls to the fun! Scoop it up and move it around.

If the foam is 'deflating', you can scoop it back into the food processor and run it again to make it foamier.

This is soap, so be careful of eating and rubbing eyes. Run to the bathroom and flush the eyes out with water immediately if this happens.



Wash Favorite Toys

Supplies:

bucket or tub

dish soap

sponge or toothbrush

toys

water



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1

Mix up a batch of soapy water in a tub or bucket.

2

Have your child collect some of their favorite, most used, toys (that are hard).

3

Clean those toys with a sponge or toothbrush!



Tips:

For less mess, take this outside or lay out a shower curtain or large towel.

This can be done with both big and little toys! The big toys will probably just not fit in the tub!

Add a toothbrush to the toy wash for detailed cleaning (and fine motor control)!



Ice Cube Skating & Sorting

Supplies:
food coloring
ice cube tray
water

1

Fill up an ice cube tray with water and add food coloring to each cube.

2

Freeze!

3

Put frozen colored ice cubes on a tray to push around as they melt and mix colors.



Tips:

Prep ahead for this one and make the colored ice cubes the night before to be ready for the fun!

To make a painting, add a piece of paper to your tray before starting!

And for a more vibrant painting, you can add paint to the ice cubes and just a bit of water, instead of food coloring.



Cereal Sensory Bin

Supplies:

container

o-shaped cereal

pipe cleaners

plastic bottles

scoops, spoons, measuring cups, etc.



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1

Pour the cereal into a container.

2

Add some pipe cleaners, scoops, bottles, and measuring cups.

3

Scoop and pour the cereal, thread the cereal onto the pipe cleaners, explore!



Tips:

If your child isn't interested in threading the cereal onto the pipe cleaners, that's okay! Let them take the lead on what they want to do with it.

Take it outside if you can or put down a shower curtain, or just a large blanket and wrap it up when you're done and just shake it out outside.

You can use any type of cereal for this - if you aren't worried about threading it on the pipe cleaners, it doesn't have to have holes in it.



Oatmeal Sandbox

Supplies:

- bucket or tub*
- rice or oatmeal*
- scoops, spoons, measuring cups, etc.*
- small sandbox toys (optional)*



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1

Set out a tub and put dried oatmeal in it to generously cover the bottom (and then some).

2

Set out small sandbox toys, or measuring cups and spoons to use in this edible sandbox.

3

Play in it just like you would sand!



Tips:

This sensory activity can get messy, take it outside if possible, or place it inside another larger tub.

You can add other items into this sensory tub. You can add other snack items to keep it edible.

Scooping and pouring between measuring cups is great for fine motor control!



Pasta Sensory Tub

Supplies:

container

dry pasta

scoops, spoons, measuring cups, etc.

1

Pour dry pasta (macaroni) into a tub along with measuring cups, spoons and a plastic bottle (with a lid).

2

Pour pasta into the empty bottle with the spoons.

3

Close the bottle and shake it to listen to the sounds. Pour out and repeat.



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Tips:

This sensory activity can get messy, take it outside if possible, or place it inside another larger tub.

Ask your toddler if the sound is any different with more or less pasta in it.

Using spoons to pour into the bottle is great for fine motor control!



Cereal Pom Pom Search

Supplies:

container

dry pantry items (cereal/oats/etc)

pom poms

1

Put cereal and pom poms in a container.

2

Mix them up!

3

Sort through the cereal to find all the pom poms.



Tips:

Kids will have fun helping to put this one together - let them put the cereal and pom poms in and mix it up!

After finding all the pom poms, sort them by color or size!

If they decide to eat while they play, keep an eye out to make sure they are only eating the cereal.



Brown Sugar Sand Castle

Supplies:

*baking sheet or tray
brown sugar
craft (Popsicle) sticks
scoops, spoons, measuring cups, etc.*



CLICK FOR MORE DETAILS

1

Spread brown sugar out onto a baking sheet or tray.

2

Pack the brown sugar into the measuring cups and use the scoop to make a castle.

3

Use the craft sticks to decorate your castle!



Tips:

To extend the activity, hide some craft sticks under the brown sugar and try to find them.

Don't limit your child to making a castle - see where their imagination goes!

Younger children will need some help with creating the scoops of brown sugar to build with.



Salt Tray Nature Prints

Supplies:

baking sheet or tray

nature

salt

1

Gather some nature - leaves, pine cones, grass, etc.

2

Pour some salt on a tray.

3

Press the nature items into the salt and lift up carefully to make prints.



Tips:

Be careful not to press too hard with the nature items or you won't be able to see the print as well.

After making the prints, hide the nature in the salt for them to find.

Do a scavenger hunt before this to find the items you'll use.



Rainbow Salt

Supplies:

- baking sheet or tray*
- clear jars*
- food coloring*
- plastic baggy*
- rock salt*

1

Put some rock salt in several baggy. Add a few drops of food coloring to each.

2

Seal the baggy tightly and shake the bags to color the salt.

3

Lay it on a tray to dry for a few hours and play!



Tips:

Let it dry longer than you think or they will have rainbow hands.

Fill up some small jars with the rainbow salt and shake to hear the sounds.

If you can't find rock salt, it may also be called ice cream salt.



Rainbow Rice

Supplies:

- food coloring
- plastic baggies
- rice
- water
- wax paper



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1

Add 1 cup of rice to several baggies. Add 10 drops of food coloring to each (different colors). Add 1 tsp water to each.

2

Seal the baggies tightly and shake the bags to color the rice.

3

Spread onto wax paper to dry overnight.



Tips:

Don't let the air out of the baggies when you're mixing. They shake easier with air in the bag.

Find a tub to store this in, you can bring rainbow rice out to play over and over again!

Make a colored rice art project! Decorate the sticky side of contact paper with the colored rice.



Water Bead Sensory Bug Play

Supplies:

bowl

fake bugs (optional)

tweezers

water beads

1

Put water beads in a bowl.

2

Add fake bugs.

3

Explore the water beads and use tweezers to pick out the bugs.



Tips:

If you don't have water beads, you can use Jell-O instead.

Any small toy can be added to the water beads, it doesn't have to be bugs. Use what your child is interested in!

Water beads bounce everywhere so you may want to do this outside!



DIY Light Table

Supplies:

container with lid

tissue paper

toys

white holiday lights



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1

Fill a clear container with white holiday lights.

2

Tape white tissue paper to the inside of the lid and plug in the lights.

3

Put toys that let the light shine through on the top and explore.



Tips:

Trace some toys and see if your child can match the toy to the outline.

A container that fits under the bed makes for simple storage.

Dolls and action figures are great on a light table!



Cookie Cutter Fishing Bin

Supplies:

- bucket or tub*
- cookie cutters*
- objects & toys*
- pipe cleaner*

1

Fill a plastic tub with cookie cutters, or other ring objects, that you have around your house.

2

Curl the end of a pipe cleaner to make a fishing hook.

3

Try to “catch” a cookies cutter with the fishing hook!



Tips:

When making the fishing hook, make sure it is big enough to scoop the cookie cutters. If it's too small, your child will struggle catching anything!

Add an element of water to the tub for a ‘real’ fishing experience! This will also make it easier to catch with some cutters floating.

Make it more difficult by providing an order for your child to catch the ‘fish’ in.



Ice Sensory Play

Supplies:

bucket or tub

ice cube tray

water

1

Set out a tub of ice cubes.

2

Take outside in the heat.

3

Explore the ice cubes as they melt.



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Tips:

For added fun, add cups and water to the sensory bin. Experiment to see what happens to the ice. Does it melt faster with water?

When freezing the ice cubes, add a touch of paint or food coloring to the water to paint with the cubes on paper.

Include your child in freezing the ice cubes. Have them help fill up the tray and peek in on the ice while it's freezing to see what's happening.



Count the Treasure Sensory

Supplies:

- coins*
- container*
- corn meal*
- empty wipes container*
- rocks*
- shovel or other scoop*



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1

Mix cornmeal, rocks, corn meal and coins in a container.

2

Dig through to find the coins and put them in a “treasure” box (empty wipes container).

3

Count the number of coins you found!



Tips:

For extra fun, decorate the wipes container before this activity.

Take this outside or put an old sheet down underneath to help contain the mess!

For kids that still put everything in their mouth, use play coins or some other type of treasure.



Jello Sensory

Supplies:

- Jello
- small containers
- small objects



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1

Put a small toy in a small container. Make several.

2

Pour Jello over the toy to fill the container. Let set.

3

Once set, set out to explore the Jello and dig out the toys!



Tips:

This is a messy activity, prepare by taking this outside, or setting down a tablecloth or sheet first for easy cleanup.

This activity is perfect for young toddlers. For older kids, add difficulty with using a tweezers.

You can also make this on a larger scale in a cake pan with several toys and play a game of I-Spy (and dig out that toy)



Pasta & Play Dough Sensory

Supplies:
dry pasta
play dough

1

Lay out play dough and dry pasta.

2

Use the pasta to make sculptures, prints and textured patterns in the play dough.

3

Build towers, make letters, and just have fun!



Tips:

Experiment with different shapes of pasta and how the prints and textures can be different.

Penne pasta is a great 'rolling pin' whereas Elbow noodles can make curves for letters.

Leave this activity open-ended and see what happens!



Play Dough & Trucks

Supplies:

play dough

toy trucks or other toys



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1

Get out the play dough! Whether its homemade or bought, it doesn't matter.

2

Gather toy trucks.

3

Drive the trucks through the play dough for lots of pretend play!



Tips:

This simple play dough activity is just a prompt to try play dough in a new way.

What other things could you add to play dough for added fun? Try pipe cleaners and craft sticks!

Adding a pair of kids scissors to the mix offers an easy opportunity to practice cutting for the first time.



Wet Newspaper Sensory

Supplies:
 food coloring
 newspaper
 small dishes/bowls
 water



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1

Tear newspapers into strips and pieces.

2

Fill a container with water (add food coloring, if desired).

3

Wad the newspaper up and drip into the water for a squishy sensory experience.



Tips:

Add food coloring to the water to dye the newspapers when dipped.

Have a spare, empty bowl to place the wet newspapers, or to squeeze the water out of the newspapers.

Some kids have aversions to this type of sensory experience. (I am one of them.)



Tissue Paper Bag

Supplies:
paper bag
tissue paper



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1

Grab a gift bag or paper grocery bag.

2

Fill it with various colors of tissue paper!

3

Have fun exploring the tissue paper!



Tips:

If you have another container handy, transfer the tissue paper from the bag to the container!

For older toddlers, talk about the different colors of tissue paper they have.

If you don't have a gift bag or paper grocery bag, any basket or container will work!



Paper Shredding

Supplies:

*various types of paper
tub or bucket*

1

Collect various types of paper, including tissue paper, newspaper, copy paper, construction paper, etc.

2

Set paper out to explore.

3

Tear paper into pieces.



Tips:

You may need to model ripping a few sheets to get your child started.

Older kids can be challenged to make a clean rip from one end of the paper to the other, making strips, or to draw a line to follow when ripping.

For younger kids, start with 1 inch strips of paper to make short rips across.



Sensory Scarf Bin

Supplies:
scarves
tub

1

Fill a tub with scarves.

2

Let your child explore as they like!

3

What will the scarves become?



Tips:

Scarves can be play scarves, women's scarves, winter scarves.

If you don't have scarves handy, try this with loose socks! Or fabric scraps.

This is a simple exploration for kids to explore textures and use their imagination in pretend play. Let it go where it may!



Cloud Sensory Bin

Supplies:

*cotton balls
scoops, spoons, measuring cups, etc.
tub*

1

Fill a tub with cotton balls.

2

Add scoops and spoons to transfer cotton balls back and forth.

3

Let your child explore as they like!



Tips:

Read “Little Cloud” by Eric Carle alongside this activity for inspiration!

If you don’t have cotton balls, pom poms or facial tissues would work.

This is a simple exploration for kids to explore textures and use their imagination in pretend play. Let it go where it may!



Quick Color Sensory Bin

Supplies:

items from around the house in the same color tub

1

Go on a hunt around the house for objects of the same color.

2

Fill a tub, or box, with the found objects.

3

Explore!



Tips:

This is great to do in a seasonal color, white for winter, red or pin for Valentine's Day, etc.

Talk about the color as you're hunting for items and finding different shades of the same color. (This is a dark blue, here's a light blue!)

To add in vocabulary, write the color on an index card and stick it to the side of the tub to label it.



Shaving Cream Sensory

Supplies:

- baking sheet or tray*
- food coloring (optional)*
- shaving cream*



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1

Spray gobs of shaving cream onto a tray. Add food coloring, if desired.

2

Let your child explore the shaving cream!

3

Make writing marks in the shaving cream and smear to erase and start over.



Tips:

Learn about mixing colors with two primary colors in the shaving cream.

Don't force the writing marks at this age. But you can show them how!

Wear old clothes and you may want the kids to change immediately afterwards. Shaving cream gets everywhere.



Flour Sensory Play

Supplies:

*baking sheet or tray
flour*



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1

Spread out a cup (or so) of flour onto a baking sheet.

2

Your child can explore with flour freely!

3

Try writing and making lines in the flour.



Tips:

Add small scoops, measuring cups and so forth for added fun!

Don't want the mess? Take it outside! Or put down a towel (or tablecloth) first. Just pull it together and shake it out outside when you're done.

Older kids can practice writing letters, numbers, and spelling words in the flour.



Cornmeal Sensory

Supplies:

baking sheet or tray

corn meal

scoops, spoons, measuring cups, etc.

1

Pour a handful or two of cornmeal onto a baking sheet.

2

Set out small cups and spoons.

3

Explore the cornmeal with fingers, scooping, and pouring.



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Tips:

This sensory activity can get messy. So take it outside if possible, or place everything inside another larger tub.

Older kids can make writing marks in the cornmeal. Spread it flat and use their finger to draw a letter, spelling words or numbers!

For added fun, add toy trucks and cars to the mix and make roads.



Cloud Dough Sensory

Supplies:

baking sheet or tray

flour

scoops, spoons, measuring cups, etc.

vegetable oil



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1

Mix together 2 cups of flour and 2/3 cups oil on a tray to make cloud dough.

2

Add measuring cups and spoons for fun!

3

Play with the cloud dough like wet sand: mold it and shape it and crumble it apart again.



Tips:

Add some glitter to the mixture for added fun! You can also add tempura paint powder to make it a color!

This sensory activity can get messy, take it outside if possible, or place it inside another larger tub.

If you have candy molds, they would work really nicely with cloud dough to make formations!



Apple Cinnamon Sensory Oobleck (Gluten Free)

Supplies:

- applesauce*
- cinnamon*
- cinnamon sticks*
- corn starch*

1

Combine 1/4 cup of apple sauce with 1/2 cup corn starch.

2

Add cinnamon and cinnamon sticks.

3

Watch them create and experiment!



Tips:

Have your child help you make this oobleck! Mixing it up is half the fun!

For older children, you can use the cinnamon sticks to make letters in the oobleck.

Add more corn starch to make the oobleck less slimy and a bit firmer.



Sugar & Cocoa Play

Supplies:

baking sheet or tray

cocoa

fork or spoon

sugar

toothpicks

1

Add a bit of sugar and a bit of cocoa on a tray.

2

Mix the sugar and cocoa together for a sensory experience.

3

Use toothpicks or forks to create prints and lines.



Tips:

You can also use flour in place of sugar. And any spice in place of cocoa. Or take this outside and use dirt!

Try making writing marks in the mixture. Can they make the letter of their name?

Your house will smell amazing after this sensory experience. Combine it with baking a treat with the same ingredients!

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SEASONAL

Explore with Sensory Bags & Tubs
for the Holidays!



Flower Water Confetti

Supplies:

- bowl*
- flowers*
- water*

1

Add water to a bowl.

2

Cut the stems off of the flowers.

3

Take the petals off the flowers and put them in the water or put the whole flower in and play!



Tips:

Put a towel underneath the bowl to catch the splashes!

If you have more than 1 color of flower, talk about the different colors they are putting in the water.

Cut the stems into small pieces and add them to the water too.



Lemonade Sensory Play

Supplies:

lemons

scoops, spoons, measuring cups, etc.

tub

water

yellow objects

1

Fill tub half full of water.

2

Add slices of lemons and other objects to water.

3

Play! Stir, pour and transfer the water, squeeze lemons and enjoy!



Tips:

Adding the touch of real lemons makes this so much fun for kids to smell!

What do you have that's yellow? Kitchen utensils, hard plastic toys, or check for yellow flowers in the garden!

Include objects to scoop and pour (even if they're not yellow) for fun pouring and moving the water back and forth.



Pull the Carrots Sensory

Supplies:

- baking sheet or tray*
- ice cube tray*
- pipe cleaners*
- potting soil*
- tweezers*



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1

Spread a thick layer of potting soil on the tray.

2

Make carrots (or other vegetables out of pipe cleaners) and plant them in the soil.

3

Use the tweezers to harvest the vegetables and put them in the ice cube tray.



Tips:

After harvesting, count how many vegetables you harvested.

Have your child replant the carrots - what kind of shape or pattern can you make with them?

Try including carrots in your next meal!



Dirt & Frozen Veggie Find

Supplies:

- dirt
- fake bugs (optional)
- frozen vegetables
- tub

1

Fill a tub with dirt.

2

Add fake bugs (optional), and frozen vegetables to the tub of dirt.

3

Go on a hunt to find and remove the frozen vegetables with tweezers and other tools.



Tips:

Fake bugs are optional, but add a fun element to save the frozen vegetables from the bugs! If you don't have bugs, try toy dinosaurs, or other little figures you have around.

If you want to make this an edible experience, replace the dirt with dry oatmeal or other pantry item.

Older kids can make this a race (time themselves and see how many they can find in 1 minute) and sort the vegetables by color or size.



Pumpkin Bath

Supplies:

bucket or tub

cups

dish soap

small pumpkin

sponge or toothbrush

washcloths

water

1

Put the pumpkins in a tub or bucket.

2

Add some soap and water.

3

Wash the pumpkins using a sponge, washcloth, toothbrush, cup, etc.



Tips:

This could be super messy so do it outside if possible.

See if pumpkins float or sink!

Kids will love dropping the pumpkins into the water to make splashes!



Pumpkin Squish Sensory Bag

Supplies:

- plastic baggy*
- small pumpkin*
- spoons*
- tape*

1

Scoop out the insides of the pumpkin and put the insides in the baggy.

2

Seal the baggy tightly and put tape across the top to seal if needed.

3

Squish and explore!



Tips:

Older kids can help clean out the pumpkin.

It's fun to draw a pumpkin face on the baggy.

Double bagging the pumpkin insides may help to contain the mess.



Googly Eyes Jello Sensory Bag

Supplies:

- baking sheet or tray*
- gallon-size freezer baggy*
- googly eyes*
- Jello*
- tape*



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1

Mix Jello according to the package and pour it into a gallon sized freezer bag. Lay flat on a baking sheet in fridge until cooled off.

2

Add googly eyes to the Jello.

3

Tape it to the window so the sunlight shines through it. Explore and move the pieces around inside the sensory bag.



Tips:

Add enough Jello in the baggy so that it covers the baggy when lying flat. But not too full that it can't be moved around.

To secure the sensory bag, you can either tape the top of the baggy shut or double bag it.

Young toddlers may try to bite at the baggy, please use supervision at all times.



Spaghetti Slime

Supplies:

- bucket or tub*
- cooked spaghetti*
- food coloring*
- kitchen utensils (optional)*
- vegetable oil*



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1

Put cooked spaghetti in a tub.

2

Add a few drops of oil and food coloring to your desired sliminess and color.

3

Place in a tub to explore the spaghetti slime.



Tips:

Split the spaghetti into different tubs to make a few different colors, and then mix them together again.

Add utensils to the fun! A funnel, scoops, spaghetti ladle, and so on!

Take this outside as it can get messy. Or put down a tablecloth or shower curtain to collect the stray pieces of spaghetti.



Popcorn Kernel Sensory Bin

Supplies:

- bucket or tub*
- popcorn kernels*
- scoops, spoons, measuring cups, etc.,*
- small objects*



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1

Set out a tub and put enough popcorn seeds in it to generously cover the bottom (and then some).

2

Set out small sandbox toys, or measuring cups and spoons to use in this sensory tub.

3

Add a few small seasonal objects to create a sensory bin to play in.



Tips:

This sensory activity can get messy, take it outside if possible, or place it inside another larger tub.

Beware of children putting kernels and small object in their mouth. Use supervision.

Scooping and pouring between measuring cups is great for fine motor control!



Cranberry Water Play

Supplies:

- container*
- cranberries*
- scoops, spoons, measuring cups, etc.*
- turkey baster*
- water*
- whisk*

1

Put cranberries in a tub of water.

2

Add some scoops, turkey basters and whisks.

3

Have fun exploring and scooping the cranberries!



Tips:

Put an old blanket or sheet under the tub to help with any splashes!

Try a recipe from the cranberry bag and have your child help make it!

Make sure the cranberries are really fresh or they may get mushy faster.



Holiday Sensory Bag Suncatcher

Supplies:

*dish soap/hair gel/shampoo/etc
gallon-size freezer baggy
small objects
tape*

1

Squirt hair gel into a large baggy.

2

Add other small holiday objects in with the gel, such as sequins or bits of ribbon.

3

Tape it to the window so the sunlight shines through it. Explore and move the pieces around inside the sensory bag.



Tips:

Add enough hair gel in the baggy so that it covers the baggy when lying flat. But not too full that it can't be moved around.

To secure the sensory bag, you can either tape the top of the baggy shut or double bag it.

Young toddlers may try to bite at the baggy, please use supervision at all times.

SENSE



LEARNING

Learn with Sensory Bags & Tub All Year Long!



Rainbow Rice & Letters

Supplies:

basket or bucket (optional)

container

toy letters

rice or oatmeal

paper

marker



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1

Write letters on pieces of paper to match toy letters you have.

2

Put the paper letters in a basket and hide the toy letters in a tub of rice.

3

Pick a paper letter out of the basket and dig through the rice to find the toy letter that matches.



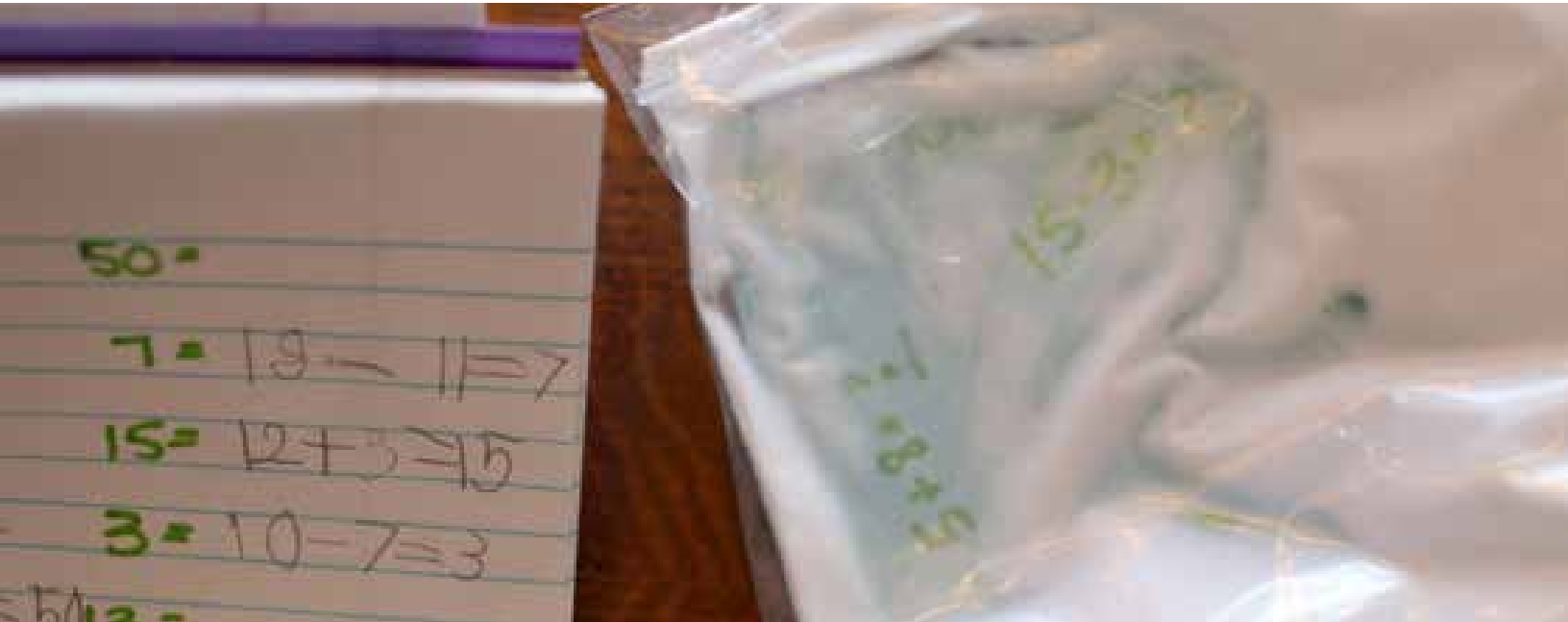
Tips:

Your child may only do 5-6 letters in one sitting, and that's okay!

For children just starting to learn letters, start with just a few letters instead of all 26.

Make rainbow rice ahead of time to use for this!

See Rainbow Rice



I Spy Math Problems

Supplies:

- paper
- pen or pencil
- plastic baggy
- shaving cream



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1

Put the shaving cream in the first baggy and seal it, as airtight as possible. Then slip it into another baggy.

2

Before sealing the second baggy, slip in a piece of paper with math problems written on it.

3

Write the answers to the math problems on another piece of paper. Search for the math problem that equals that number.



Tips:

For younger kids, just write the same numbers on each piece of paper and they can try to match the numbers.

Make some easy and some hard so it is a challenge but they don't get too frustrated!

Try using sight words or letters!



I Spy My Name Rice Sensory Bin

Supplies:

container

paper

toy letters

rice or oatmeal

1

Fill up a container with rice and hide the toy letters of their name in the rice.

2

Write their name on a paper.

3

Find the letters in the rice and match them to the letters on the paper.



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Tips:

No toy letters? Instead write the letters of their name on a piece of paper to hide in the rice.

Start by writing their name in all capital letters so they can just match the letters. Once they have that mastered, write their name with just the first letter capitalized so they can match the upper and lower case letters.

For older kids, see if they can put the letters in the right order by themselves (without having it written down somewhere).



I Spy Counting Sensory Bin

Supplies:

- dry pantry items (cereal/oats/etc)*
- glue*
- paper*
- pen*
- small objects*
- tub*



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1

Write numbers 1-10 on a paper. Put one object in a tub full of dry pantry food and glue one (of the same object) onto the piece of paper, by the number one.

2

Repeat for number two (two objects in tub, glue one on the paper next to the two) all the way to 10. Stir objects into the tub of dry pantry food so they're all hidden.

3

Can you spy the number of objects on the paper legend in the tub?



Tips:

Ideas of items to use: pipe cleaners (cut in half), cut up straws, letter stickers, sticker shapes, pom poms, googly eyes, paper clips, buttons, star stickers, pony beads.

Start simpler with just numbers and items from 1-5. Later try it again with more to challenge them.

For younger kids, don't make it a counting sensory bin, just have them find each object and match it to the legend.



Shaving Cream Writing

Supplies:

- baking sheet or tray
- shaving cream



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1

Squirt a large amount of shaving cream on a tray or baking sheet.

2

Have your child spread it out and use their fingers to write numbers.

3

Erase the number away by swiping your hand across it and start again!



Tips:

Anything can be written in the shaving cream: letters, numbers, sight words, math problems and so on!

No shaving cream? Try whip cream, or finger paint!

Keep the mess to a minimum by putting down a towel or shower curtain first.



Nature Sink or Float

Supplies:

- nature
- tub
- water

1

Fill a shallow tub 3/4 full of water.

2

Go on a hunt to find several different items from nature.

3

Guess whether each piece of nature will sink or float and then test to see!



Tips:

Collecting and hunting for the items from nature is part of the fun! Get the kids involved to see how many different things you can find.

Be sure to collect some items that will sink and not just lightweight leaves and grass that will float.

Older kids can chart their findings! On a paper, make a chart with two columns for sink and float and draw pictures (or write) the items under the columns to show what happened.



What Floats Experiment

Supplies:

toys

tub

water

1

Fill a shallow tub 3/4 full of water.

2

Collect toys that are waterproof.

3

Make a guess if each object will sink or float and then test to see!



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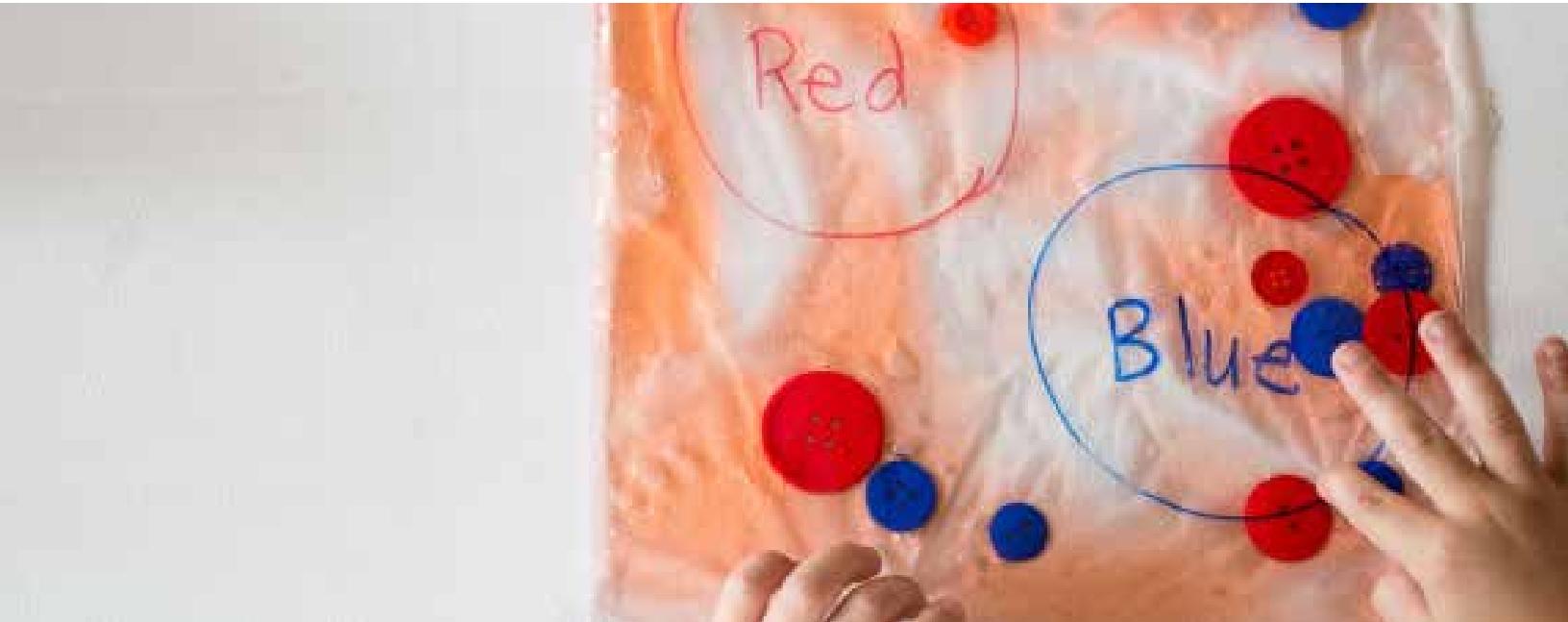


Tips:

Collecting the toys can be part of the fun. Go on a hunt for just the right ones.

Be sure to collect some toys that will sink. Many waterproof toys are meant to float. So add in a sponge, a rock, or a spoon to make sure something sinks.

Older kids can chart their findings! On a paper, make a chart with two columns for sink and float and draw pictures of (or write) the objects under their corresponding column.



Color Sorting Sensory Bag

Supplies:

buttons in two colors

gallon-size plastic baggy (two to double bag)

hair gel

markers in (same) two colors

1

Put hair gel in a Ziploc bag (you could double bag it to seal it better). Insert two colors of buttons into the sensory bag and tape it to the table.

2

Using markers, draw big circles in the corresponding colors of buttons and the names of the colors as well.

3

Have kids push the buttons around in the baggy to fit into the correctly colored circles.



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Tips:

Younger kids? Ditch the circles to move the buttons into and just let them move them around. Talk about the colors.

Older kids can be timed to see how fast it can be done, or have them trace the circle with the buttons.

You can erase the permanent marker with a Magic Eraser and draw new sections to sort the buttons into.