

What is Sensory Play?

Sensory play is any activity that stimulates the senses. This includes the five main senses of touch, smell, sight, taste, and sound, as well as the two not-as-frequently-mentioned senses: vestibular (sense of balance) and proprioceptive (sense of where each body part is in relation to the rest).

The Benefits of Sensory Play

- **Motor Development Skills** ~ Sensory play helps a child explore, discover, and create using motor skills, like dumping, filling, scooping.
- **Play Skills {emotional development}** ~ Great for both social play and independent play, sensory activities allow children to play cooperatively or side by side.
- **Language Development** ~ Sensory bins increase language development from experiencing with their hands all there is to see and do, which leads to great conversations and opportunities to model language.
- **Using 5 Senses** ~ Many sensory activities include a few of the senses! Touch, sight, sounds, taste, and smell are our 5 senses. Children can experience several at a time with a sensory bin.
- **Calming tools** ~ Sensory play recipes are calming for many children who are anxious or worried. You might find that one works better than another for your child. Some sensory play materials can settle and soothe, and some can help keep a child's attention and connection with you.



All about sensory play



What is a sensory bin?

A sensory bin is a simple container filled with a preferred sensory filler in quantity. There are only a few basic things you really need to make a sensory bin; a container, filler and fun play tools. Sensory bins can be filled with many different objects and do not have to be too messy



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Sensory Bin Ideas

Frog Pond Water Bead Sensory Play:

This one uses a sensory table with water beads to mimic the water. We also used frog stuffed animals, scoops, lily pads, and a few other supplies.



Space Sensory Bin: Any children that love space will have the BEST time with this moon dough space sensory bin. Moon dough is easy to make using just flour and oil and provides children with a new texture to explore. This one can get a bit messy so you might want to take outdoors!

Rainbow Rice Sensory Bin: This bin is GREAT for practicing colour along with texture. You just need rice, food colouring, and vinegar to make the rice. You can also include accessories like rainbow toys, scoops, funnels, or anything else you would like to throw in there!



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