

Sensory Guide

Sensory Bins

Step 1: Choose a container

The container you choose can be large or small, depending on the number of children who will be playing in it.

Bin Suggestions:

- Shoe box
- Plastic storage container
- Foil roasting pan
- New, unused litter box
- Food storage container (for small, portable sensory bins)



Step 2: Choose a filler

Fillers for your sensory bin can be food or non-food, depending on the child's preferences and level of supervision. You know your child best!

Some fillers can be dyed with food coloring – see page 5 for instructions

Food Filler Suggestions:

- Rice
- Noodles (dry or cooked)
- Water
- Ice
- Beans
- Oatmeal
- Tapioca beads
- Dry cereal
- Quinoa
- Seeds
- Coffee beans
- Corn kernels

Non-Food Filler Suggestions:

- Aquarium rocks
- Artificial grass
- Beads
- Dirt
- Feathers
- Flower petals
- Kinetic sand
- Shredded paper
- Packing peanuts
- Water beads
- Fake snow
- Cloud Dough
- Leaves



Step 3: Choose tools

By adding tools and instruments, your child will have more ways to explore the materials.

Tool Suggestions:

- Tweezers (child-safe)
- Tongs
- Measuring cups
- Spoons
- Funnels
- Small bowls
- Ice cube or muffin tray
- Empty spice containers
- Magnifying glass



Step 4: Add interesting items

- Toy animals
- Pom poms
- Letter or number magnets
- Puzzle pieces
- Buttons
- Toy cars
- Toilet paper rolls
- Shells
- Plastic cookie cutters
- Coins



Step 5: Have fun!

Sensory Bin Activities

With the interesting items in the sensory bin (see step 4), you can:

- Sort by:
 - Shape, color, size, etc.
- Order
- Match
- Wash fun materials



General Exploration of Materials

- Scoop and transfer
- Picking up with fingers and different materials
- Trace letters/numbers
- Pretend planting



How to Dye Fillers

~Try letting your child help dye the fillers~

Rice

Ingredients:

1 cup of rice, per color

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- ½ tsp. water, per color
- 15-20 drops food coloring, per color
- Sealable, plastic bag or reusable plastic container



Instructions:

- Place 1 cup of rice in each bag
- Mix ½ tsp of water and 15-20 drops of food coloring
- Zip up bag completely and shake until the color is spread out evenly
 - If necessary, add more water and coloring to help coat
- Lay out rice on a paper towel until dry (around 1 hour)
- Repeat for all colors

Pasta

Ingredients:

- Dry pasta of various shapes and sizes
- 1 tsp. rubbing alcohol (or white vinegar)/per color
- 15-20 drops food coloring, per color
- Sealable, plastic bag or reusable plastic container



Instructions:

- Place pasta into bag
- Add 1 tsp of rubbing alcohol (or vinegar) to bag, seal, and mix
- Add 15-20 drops of food coloring to bag
- Seal bag completely and shake until the color is spread out evenly
- Spread colored pasta on paper towel until dry (around 1 hour)
- Repeat for all colors

Beans

Ingredients:

- 1 cup of beans (any light-colored bean), per color
- 15-20 drops food coloring, per color
- Sealable, plastic bag or reusable plastic container



Instructions:

- Place 1 cup of beans into bag and 15 drops of food coloring
- Seal bag and completely shake until the color is spread out evenly
- Immediately put on a paper towel and spread even to dry (around 1 hour)
- Repeat for all colors

Chickpeas

Ingredients:

- Dried chickpeas
- Acrylic paint
- Sealable, plastic bag or reusable plastic container



Instructions:

- Add a couple handfuls of dried chickpeas to bag with a squirt of paint
- Seal bag and shake until chickpeas are covered evenly
- Open bag to let dry
 - Shake bag every few minutes to break up any clumps
- After about 15 minutes, the chickpeas should be ready

Sensory Bottles

Sensory bottles don't have to be anything fancy!
You can put just about anything in an empty water bottle.

Examples:

- Water and balloons
- Water with food coloring
- Rice
- Beans
- Corn Kernels
- Water Beads
- Pom-poms
- Pipe cleaners
- Glitter
- Gogly-eyes
- Small bells
- Marbles

Remember: Use hot glue to secure the lid on the finished bottles!



Slime Recipes

~Not Edible~

(For edible slime, see page 10)

Simple Slime

Ingredients:

- 1 oz. glue (about $\frac{1}{4}$ of the glue bottle)
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup Borax
- Food coloring (optional)
- Bowl



Instructions:

- In bowl, mix glue and water. If you want colored slime, add food coloring now
- Add Borax to the glue and water solution
- Keep stirring and mixing the slime until it becomes less sticky
- Store slime in plastic bag to prevent mold growth

Cloud Slime

Ingredients:

- $2 \frac{2}{3}$ cups of glue
- $\frac{1}{3}$ cups instant snow
- $\frac{2}{3}$ cups contact lens solution
- $\frac{2}{3}$ cups water
- Food coloring (optional)
- 2 bowls



Instructions:

- Put glue in mixing bowl
- Add contact lens solution one tablespoon at a time while mixing
- Add instant snow to a separate bowl, add water to activate. Fluff until fluffy
- Combine slime and snow, mix.
- Store slime in a plastic bag

Fluffy Slime

Ingredients:

- 2/3 cups of glue
- ½ teaspoon baking soda
- ¼ cup water
- 2-3 cups shaving cream
- 1.5 tablespoons contact lens solution
- Food coloring (optional)



Instructions:

- Add glue to bowl
- Add water and baking soda, then mix
- Add shaving cream and mix
- Add color if desired, mix
- Slowly add contact solution while mixing
- Keep stirring and mixing the slime until it becomes less sticky
- Store slime in a plastic bag

Slime Recipes

~Okay to eat~

Simple Edible Slime

Ingredients:

- 14 oz. can of sweetened condensed milk
- 1 tablespoon on cornstarch
- Food coloring (optional)
- Couple drops of vanilla or other flavoring (optional)

Instructions:

- In a saucepan over low heat, stir together the milk and cornstarch until mixture thickens. Remove from heat.
- Stir in food coloring and any flavorings
- Allow slime to cool
- Store slime in plastic bag



Pudding Slime

Ingredients:

- ¼ cup instant pudding mix
- 1 cup cornstarch
- 1/3 cup warm water

Instructions:

- Add pudding mix and half of cornstarch to a mixing bowl
- Add 1/3 cup water and stir until slime begins to form.
- Slowly add the rest of the cornstarch until slime becomes firm. Then knead by hand.
- Store slime in plastic bag



Marshmallow Slime

Ingredients:

- 1 cup marshmallow fluff
- $\frac{3}{4}$ cup cornstarch
- $\frac{1}{4}$ cup powdered sugar

Instructions:

- Add marshmallow fluff, powdered sugar, and $\frac{1}{4}$ cup cornstarch to mixing bowl. Stir until mixed
- Add remaining cornstarch little by little
- Knead by hand until slime consistency
- Store in plastic bag in refrigerator to prevent mold growth.



Frosting Play Dough

Ingredients:

- 2-3/4 cups powdered sugar
- 1 cup whipped vanilla frosting
- Food coloring, optional

Instructions:

- Mix powdered sugar and frosting in bowl
- When mixture becomes too hard to mix, knead with hands
- If dough is too dry or hard, add a drop or two of water to soften
- Add food coloring to dough if desired
- Store in plastic bag

