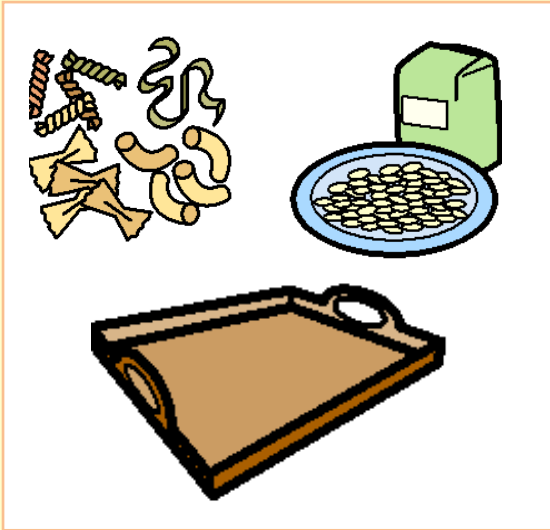


Sensory Bins



Directions

Tactile exploration.

You can use dried pasta, rice, cereal or other dried items and pour them into pans/ bowls or Tupperware.

Try to find hidden objects or objects with a certain theme i.e. smooth objects, yellow objects, etc. Use buttons, beads, ribbon, small toys, coins, lego, etc.

You can make this a sorting activity or simply a touch and feel activity.

You can use both hands and feet to explore.

This can be relaxing or alerting depending on individual need.

Sensory Bins

This exercise develops the following sensory motor functions:

- 1.) Tactile perception
- 2.) Sensory reactivity
- 3.) Fine motor skills
- 4.) Visual perception

Precautions

Check allergies and skin sensitivities prior to activities.

Ensure good health, safety and hygiene by discarding/cleaning objects if feet have been in them, etc.

Equipment:

- Sensory bins i.e. sand, bubble wrap, water beads, dry rice, dry pasta, water, foam, ribbon, pompoms, wool, buttons and beads, stones, artificial grass, silk scarves, spaghetti, flour, etc.
- Towels, wipes, etc for cleaning if messy play involved