



DIY Sensory Bin

Sensory bins are a great way to occupy kids for a while! They are super fun and simple to set up. All you need is a bin, some forgotten toys/trinkets, and a few bags of fill. The set up will only take a few minutes and will keep your kids entertained for hours! The options are limitless. The main thing to keep in mind, is to use the things that are readily available. Leaving the house is not necessary for this activity.

Materials Needed

- Plastic bin (or cardboard box)
- Bin fill: Rice, beans, marbles, popcorn kernels, pasta noodles, sand, cotton balls, beads, shredded newspaper, etc.
- Odds & ends: dice, toys, spoons, cups, rubber bands, sunglasses, old keys, coins, clothes pins, etc.

Creating Your Bin

- Choose the size of the bin - the bigger the better, but use what you've got!
- Choose a spot where you can keep the bin set up for a while and that also allows for easy clean-up if some of the fill makes its way outside of the bin. If you have a covered porch, that's a great spot.
- Pick out the fill*. Raiding the pantry is a great option, especially if you've got expired items like dried beans, rice, flour, popcorn kernels, or dried pasta. (Don't want to use food or don't have expired items on hand? Other options are, shredded newspaper, beads, marbles, sand, and cotton balls.)
- Grab some fun little toys* and trinkets to add to the bin. These can be anything from little army people, old keys, rubber bands, dice, figurines, spoons, small cups, pen caps - really anything you think would be fun to find.
- Now its time to sit back and let your little ones explore the wonders of the bin!

** Please keep safety in mind when choosing fill and objects. If you're creating a bin for younger children who are still prone to putting things in their mouths, make sure your fill is non-toxic and that objects are larger than the opening of a toilet paper tube. Younger children should be supervised at all times during sensory bin play.*

