

# OT @ Home

## Sensory Bins

A sensory bin is typically a plastic tub or a large container filled with materials and objects selected to stimulate the senses. Incorporating toys and tools like spray bottles, spoons, or tweezers creates additional opportunities to get those hands working!

A great thing about Sensory Bins is how versatile they are. These are some ideas to get you started, but the possibilities are endless! Keeping safety in mind, choose options that work best for the age and development of participants and be prepared for things to get a little messy.

The Basics	The Fill	Tools and Toys
<ul style="list-style-type: none"> <li>• A large plastic bin, small pool, or sand/water table</li> <li>• Large Sealable baggies/containers to save materials to play with again (note:some items will not keep)</li> <li>• A broom, wet cloth, and towel on stand-by for easier clean-up</li> <li>• Close supervision!</li> </ul>	<ul style="list-style-type: none"> <li>• Dry: Cornmeal, Oatmeal, Pasta (plain or coloured), Cereal, Rice, Beans, Chickpeas, Birdseed, Barley</li> <li>• Cooked Pasta (plain or coloured)</li> <li>• Shredded Paper, Play Sand, Kinetic Sand, Pom-Poms, Buttons, Feathers</li> <li>• Water, Water Beads, Foam</li> <li>• Aquarium Gravel, Shaving Cream, Ooblek</li> </ul>	<ul style="list-style-type: none"> <li>• Small containers, Measuring Spoons, Measuring Cups, Funnels, Cookie Cutters</li> <li>• Tweezers, Scissors (as appropriate)</li> <li>• Ice Cube trays, Muffin Tins</li> <li>• Small, Easy to Clean Toys</li> <li>• Water Play: Sponges, Spray Bottles, Squirt Toys, Meat Basters, Eye Droppers, Squeeze bottles</li> </ul>

Some materials can be dyed for a more colourful experience.



Skills such as scooping, pouring, and measuring can be practiced.



Items can be placed or sorted into ice cube trays or muffin tins.



### Foam

Using either a blender or mixer, beat together for 2 minutes:

- 2/3 cup warm water
- 2 tbsp dishsoap
- 4-5 drops food colouring (optional)



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### Oobleck

*Oobleck is a non-Newtonian fluid: it acts like a liquid when being poured, but like a solid when a force is acting on it.*

- 1 cup Water
- 1.5 - 2 cups Corn Starch
- Food colouring (optional)



Place the water in a bowl and start slowly adding the corn starch to it. Use a spoon at first, and then your hand to stir it up.

Keep adding the cornstarch slowly until you reach the desired consistency. The goal is to get a consistency where the Oobleck reaches a state that is liquid and yet solid.

### Rainbow Pasta

*Smooth textured pasta works best for this recipe. Have fun experimenting with different colours!*

- 1 cup **Dry** Pasta
  - 1 tsp vinegar
  - Food Colouring
  - Small cup/bowl
  - Plastic zipper bags
  - Parchment or wax paper
1. Measure pasta, and place in plastic zipper bag
  2. In small cup/bowl, mix vinegar & 20-30 drops food colour
  3. Add mixture to pasta in bag.
  4. Mix well by shaking the bag until pasta is well covered.
  5. Add additional food colouring if desired.
  6. Spread out on parchment or wax paper to let dry.  
(try to avoid pasta sticking together)
  7. After 30min, break up and stir pasta to avoid sticking.
  8. Allow to dry overnight.



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### Rainbow Spaghetti

- Cooked Spaghetti
- Ziploc baggies
- Oil (vegetable, sunflower, or olive)
- Food colouring
- Colander (to rinse)
- Water



*Great for all ages! Including child-safe scissors give older children a chance to practice scissor skills.*

1. Cook Spaghetti according to package instructions, drain & allow to cool slightly
2. Place Spaghetti in Ziploc bags (one for each colour)
3. Add a few drops of oil to prevent sticking
4. Add food colouring to bags
5. Seal bags and mix until evenly coated
6. Rinse spaghetti in colander to remove any excess dye
7. Allow spaghetti to dry (approx. 1 hour)

### Kinetic Sand

- 2.5 cups Play Sand
- 1.5 Corn Starch (or Flour)
- 1/2 cup Oil  
(cooking oil, baby oil, or mineral oil)
- Large Bowl



*For this recipe, remember the ratio 5:3:1 and you'll be able to successfully make any amount of kinetic sand.*

1. Mix together Play Sand and Corn Starch until completely incorporated.
2. Pour in the oil and mix again until there are no oily or dry spots
3. That's it! You're ready to play.