

# Sensory Bin Ideas

You can fill it with:

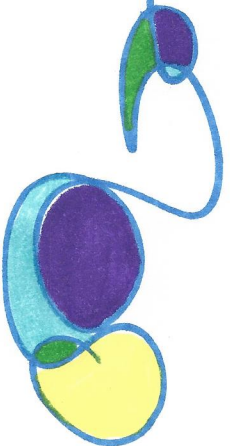
Uncooked rice or beans, shredded paper, popcorn, colored boba, play doh, kinetic or sticky sand, beads, water, plastic and squishy balls, cut up colored straw pieces, spaghetti, water beads, shaving cream and colored water beads, dyed rice, Styrofoam peanuts, foam, mini water balloons, play snow (1/2 cup shampoo and 2 cups Baking Soda), slime, sugar, plastic animals, lego pieces, dyed pasta, and gift wrapping paper shreds.

You can hide:

Cars, sensory words, sight words, articulation words, question cards, office supplies (paper clip, marker, pencils, erasers,..) Crayons, plastic letters or small toys, easter eggs, dyed macaroni, shoe laces, coins, dice, small blocks, and small fuzzy toys.

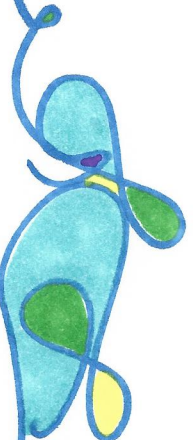
You can pick items out with:

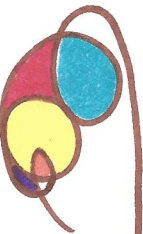
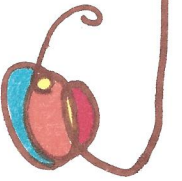
Fingers, tongs, spoons, sand shovels, measuring cups, magnets, and toothpicks.



## Task Box Ideas (great for FM obstacle courses too!)

- \* **Sorting-** marbles, beads, caps, utensils, laundry, pen & pencils, papers, shoes, etc.
  - \* **Lids-** markers (dry ones work well), containers, etc.
  - \* **Zippers-** lunch boxes, jackets, ADL boards, etc.
  - \* **Stacking-** blocks, Legos, Crackers, cardboard, carpet squares, etc.
  - \* **Inspecting & Sorting-** fruit, rocks, pictures, etc.
- \* **Squeezing-** Koosh ball, TheraPutty, stress balls, bean bags, cotton balls in baggie, etc.
  - \* **Matching-** marbles, dots, pictures, yarn balls, Legos, hair ties, etc.
  - \* **Stirring-** sand, beans, barley, water/flour mix, etc.
  - \* **Cutting-** paint samples, colored paper strips, celery, TheraPutty, snowflakes, etc.
- \* **Sounds-** variety of bells, google eyes, snaps, Velcro strips, uncooked spaghetti, keyboard, etc.
  - \* **Pinching-** colored rice pick up, cards, large & small paper clips, etc.
  - \* **Pulling-** TheraBand, Rope Tying or pulling up on, beach towel w/weights, etc.
- \* **Tearing-** paper, fabric, tape, cardboard, tea bags, coffee filters, tin foil, paper plates, etc

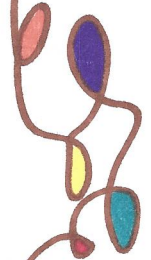




## Wheelchair Level Activities

- \* Cooking
- \* Table Tennis
- \* Coloring
- \* Crafts, Models, Puzzles
- \* Shooting Baskets
- \* Weight Training
- \* Painting
- \* Badminton
- \* Remote Control Cars & Planes
- \* Gaming
- \* Reading
- \* Gardening
- \* Photography
- \* Bocce Ball
- \* Corn Hole

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## Paper Dot Activities!

- \* Trails. Make a trail of dots. You can even make a poster to follow that shows how each color of dot means that the client must travel a particular way when on a certain color.
- \* Strategies. Use dots to draw attention to different spots in the room that then need to go to in order to complete a task. They can be used as a memory game or to help remember items to write down (see the Dot Writing activity),
- \* Dots for sorting bins can increase accuracy. They can show what spices usually go together.
- \* Crafts- regular hole puncher dots are wonderful for creating a picture or placing on a line.
- \* Pre-Writing training- Draw lines on a paper and have client place dots on the lines or draw a line between two dots, or dot-to-dot pictures.
- \* Emotional uplifting with dots is also fun. Place polka-dots on floors, spin boards, paper borders, chairs & tables.
- \* Visual-motor activities are endless with dots. They can be used in sensory bottles or bins, Easter Dot Hunt Games, Velcro boards and file folder tasks, draw lines between dots, and placing cups on dots (see how fast you can place items, one on each dot).
- \* Sensory bins are wonderful when they have dots cut out of various materials such as fabric, card board and textured paper.
- \* Dots for art. Try Mandala spirals, use bottle caps for added texture, and try using edibles such as sprinkles.