SENSORY BINS & FIDGETS:

HANDS-ON LEARNING FUN!

SENSORY BINS

DIY FIDGETS

TIPS FOR EDUCATORS

- → Rotate materials regularly
- → Offer various textures & tools
- Supervise & set clear guidelines
- Include natural elements
- Link to learning themes

BENEFITS

- Boosts focus & calm
- Reduces anxiety
- Enhances fine motor skills
- Provides tactile input

DIY BIN IDEAS

OCEAN ADVENTURE

Blue rice, shells, plastic fish, net, pine cones, twigs, animal figures

CALM-DOWN BOTTLE

Water, glitter, beads, baby oil, strong glue cap.

RAINBOW PASTA EXPLORATION

Green lentila (various shapes), scoops, colonders.

FIDGET TEXTURE SQUARES

Key ring, varraps, felt, silk, bulap), butlogp), sponcgaer, secured secured cartboard.

DIY SENSORY PLAY & FIDGETS

DIY SENSORY BINS

FILLERS

- Dry Pasta (dye it!)
- Rice/Beans
- Oatmeal
- Shredded Paper
- Cotton Balls & Pom-Poms

- Measuring Cups
- Funnels
- Spoons
- Egg Cartons

WET/MESSY

- Water & Ice (freze toys!)
- Cloud Dough (flour + oil) (cornstarch + water)
- Cooked Spaghetti

TOOLS

- Measuring Cups
- Spoons & Whisks
- Small Bowls/ Egg Cartons
- Small Toys

EASY DIY FIDGETS

Balloon Stress Ball

Pipe Cleaner with flour/rice/Play-Doh

String beads on on pipe cliener, twist ends

Slide beads/washers onto a keyring

Paper Clip Chain into a chain

Twist nut on bolt (large, clean)

Stick 'hook' & loop' Velrco back-to-back