



SENSORY BINS & FIDGETS

Hands-On Learning Fun!

SENSORY BINS

Tips for Educators

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

DIY FIDGETS

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



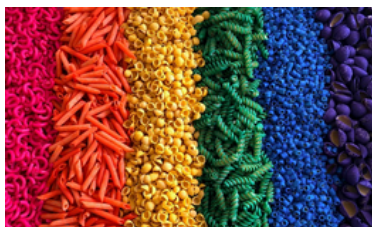
CALM-DOWN BOTTLE

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



RAINBOW PASTA EXPLORATION

Dyed pasta (various shapes), scoops, colanders



FIDGET TEXTURE SQUARES

Key ring, felt, silk, burlap, buttons, sponge, cardboard swatches



DIY SENSORY PLAY & FIDGETS

DIY SENSORY BINS

FILLERS

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



TOOLS

- Measuring Cups
- Funnels
- Spoons
- Egg Cartons

WET / MESSY

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

TOOLS

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

EASY DIY FIDGETS

Balloon Stress Ball

Fill a balloon with flour, rice, or Play-Doh; knot tightly.

Pipe Cleaner Beads

String beads on a pipe cleaner, twist ends to secure.

Keyring Slider

Slide beads or washers onto a key ring



Paper Clip Chain

Link paper clips into a chain

Nut & Bolt Fidget

Twist a nut on a large, clean bolt



Velcro Squares

Stick 'hook' and 'loop' Velcro pieces back-to-back