

# BUILD A SENSORY BIN

Stuck for ideas? How about trying one of the 60 fillers on this page and getting started on some sensory play.

## PANTRY\*



Dried rice



Pasta



Oats



Dried lentils



Chickpeas



Split peas



Popcorn kernels



Cornflour



Jelly



Flour

## NATURAL



Leaves



Grass



Moss



Pine cones



Sticks



Bark



Pebbles



Shells



Sand



Soil or coconut coir



Acorns



Conkers



Petals



Citrus slices



Herbs

## WATER



Water



Ice cubes



Crushed ice



Snow



Foam

## EVERYDAY



Pom poms



Cotton wool



Corks



Toy feathers



Blocks



Buttons



Craft sticks



Beads



Pegs



Coloured sticks

## RECYCLED



Shredded paper



Bottle tops



Paper strips



Fabric scraps



Tissue paper



Egg cartons



Packing peanuts



Tin foil



Cardboard tubes



Newspaper

## CREATIVE



Playdough



Confetti



Kinetic sand



Sequins



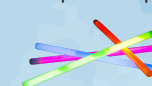
Salt



Foam shapes



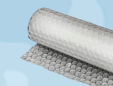
Cellophane squares



Glow sticks



Yarn or ribbon



Bubble wrap

\* If you'd prefer not to use food for play, simply choose one of the reusable alternatives on this page. There is no right or wrong approach; adapt activities in the way that works best for you.