

DIY Sensory Bins

DEFINITION

Sensory bins are plastic tubs or large containers filled with materials, objects and toys that are carefully selected to stimulate the senses.



MATERIALS TO INCLUDE

- 2-3 themed objects (ex. plastic or felt carrots, bunnies, and flowers for spring)
- 2-3 scooping/picking up tools/containers
- Seek and find activity (velcro, matching easter eggs, or sorting)
- Sensory material (rice, beans, sand, slime, beads, cotton balls, noodles, rocks etc)



TEACH THE LEARNER

1. Use visual supports to help your learners remember the rules for the sensory bins (use hands only, put on lid when finished, complete seek and find, raise hand if you need help, keep the materials in the box.)
2. Use a visual timer to help your students transition when the time comes.
3. If your student throws it on the floor or uses it inappropriately, remind them with a neutral tone "We keep our beans in the box". If they do it again, say "bean time is all done, we will try again later. Do you want to color or use a fidget instead?"



STORAGE

One of the teachers we work with, Jennifer, created some DIY bins to try with her students this week! They were definitely a hit! Her students will be practicing using these with supervision at first, however, the goal is that they will be able to play independently while the teachers work on IEP goals with other students.



ADDITIONAL RESOURCES

- [Good housekeeping article on sensory bins](#) with more ideas!
- [Step by step guide with amazon links!](#)
- [Dollar Store Sensory bin activities](#)



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