

Beckton & Royal Docks Children's Centre Tip Sheet

Sensory Bin Ideas

Sensory bins are usually plastic containers that are filled with an assortment of items designed to stimulate all the senses through play. You can use what you already have at home: washing up bowls, storage containers, and trays for example.

Fill with things like coloured rice, dried beans, water and sand or even shredded paper. Be creative and let your child explore different textures and materials.

Add different toys and things like cups, spoons and scoops, so that your child can mix, dig, pour, stir and have fun!

