



Infant and Toddler Activity Pages

Create a Sensory Bin



Area of School Readiness

Perceptual, Motor, and Physical Development: According to the [Head Start Early Childhood Learning & Knowledge Center](#), perceptual, motor, and physical development includes motor development and health, safety and nutrition. This includes gross motor or large motor skills (like jumping, running, climbing) as well as fine motor or small muscle skills (like holding a fork or buttoning a coat). Health, safety, and nutrition includes skills for self-care (like brushing teeth), knowledge promoting healthy eating habits, and personal safety routines.

Approaches to Learning: Approaches to learning According to the [Head Start Early Childhood Learning & Knowledge Center](#), approaches to learning refers to *how* children learn or the behaviors and skills that children need to have in order to be able to learn. These skills include both emotional and cognitive self-regulation, initiative and curiosity and creativity.

Purpose of the Activity

Gross Motor and Fine Motor Skills: Your child will practice using the muscles in their arms and hands to pick items and play with them in the sensory tub.

Initiative and Curiosity: Your child will practice exploring the sensory materials and toys as they play.

Materials

- Plastic bin (size of your choice)
- Items for the sensory bin
 - Water, ice, snow or leaves
 - Large pasta noodles
 - Cereal puffs, pretzels
 - Linking toys
 - Cars or trucks
 - Pool noodles (Cut in pieces)
 - Assortment of balls (different sizes/textures)
- Kitchen utensils (measuring spoons, measuring cups, plastic spoons)

NOTE: You can choose any items you'd like for sensory play with your child but make sure that the items you choose are safe. Beware of small items that may be a choking hazard.

Instructions

1. Locate plastic bin and items for sensory bin.
2. Add items to sensory bin.
3. Sit with your child, engage in sensory play with your child and share this experience with them.
4. Let them explore at their own pace, sit down, and play with them!