

## Ideas for Sensory Play

Please keep in mind that some items may be choking hazards and are best suited for older children under supervision.

- Fill a plastic container or shoe box with any of the following:
  - Dry beans
  - Oatmeal
  - Uncooked rice
  - Feathers
  - Dried pasta
  - Cardboard tubes
  - Buttons
  - Cotton balls
  - Pom Poms
  - Sand
  - Seashells/rocks
  - Add some measuring cups, ladles, scoops, cardboard tubes for fun ways to explore!
- Playdough
  - Cookie cutters
  - Rolling pin – plain and textured
  - Letter stamps
  - Dried pasta
  - Googly eyes
  - Pipe cleaners
  - Beads and buttons
  - Plastic utensils
  - Wooden craft sticks
- Shaving cream
  - <https://cafemom.com/parenting/224728-toddler-activities-you-can-do-with-shaving-cream/339429-shaving-cream-in-plastic-bags>
- Squishy bags: Fill ziplock bags with paint, ice cubes, fall leaves, crumpled papers, etc....the possibilities are endless
- Sensory bottles
  - Fill a water bottle with a mixture of water, glue, and glitter
  - Fill a water bottle with a mixture of water, oil, food coloring
- Bubblewrap
  - Tape bubblewrap to the floor and let your child pop with their feet, hands, or by driving cars & trucks over
- Smell herbs, fruits, vegetables