

Sensory Table

Arts | Crafts



ConnectABILITY.ca

WHAT MAKES IT MEANINGFUL

Sensory play is meaningful because it engages senses—touch, sight, sound, taste, and smell—helping an individual explore and make sense of the world around them. This type of play supports cognitive growth, fine and gross motor skills, problem-solving abilities, and social interaction. It also encourages creativity and imaginative thinking while providing a calming and enjoyable experience that can help express and regulate emotions. Through sensory play, individuals learn in a hands-on, interactive way that lays the foundation for future learning and development (ActionforChildren.org).

TIME

5-10 minutes set up. Unlimited play.

MATERIALS

*all material cost ranges are estimated from Amazon

- Large bin in to put the materials in (\$10-20)
- OR garbage bag/plastic wrap/paper: something to lay over the table to protect the surface
- Items to fill the bin. Here are some Ideas:
 - Rice (\$5-10)
 - Sand (\$15-30)
 - Pasta (\$5-10)
 - Beads (\$10-20)
 - Dry beans (\$10-20)
 - Aquarium rock (\$10-20)



Sensory Table

- Water
- 'Play accessories' Extra materials to mix in with the base. Here are some ideas:
 - pom poms (\$5-15)
 - Plastic tools for digging, scooping, raking, etc... (\$20-30)
 - Craft feathers (\$10-15)
 - Easter eggs (\$10-15)
 - Utensils/Homewear that the individual may need practice with

INSTRUCTIONS

1. Start by covering your table/surface in a protective layer of plastic or paper OR by washing the bin you are going to use
2. Fill the table or bin with your base material (see materials listed above or check resources for more ideas)
3. Encourage the individual to set up with you, allowing them to play with the materials as they are added
4. Next, add in your 'play accessories' something to incorporate into the play with the base materials. Whether that be tools, items with alternative textures or toys.
5. Allow the individual to play and experiment on their own
6. Encourage ideas for what to add or take away from the table/bin

RESOURCES

- What makes sensory play important:
[What is sensory play and why is it important?](#)
- Sensory Table Ideas:
[Build Your Own Sensory Bin - Minnesota Children's Museum](#)
[The Best Sensory Bin Ideas](#)
[Ultimate List of Sensory Bin Ideas, Incredibly Easy!](#)

Sensory Table

SUPPORTS NEEDED

Some individuals may need some encouragement to start play.

PICTURE REFERENCE:

