



# SENSORY BIN FILLERS



## Dry Food:

Rice  
Beans - all one size  
Beans - small, medium, large  
Oats  
Pasta  
Corn meal  
Flour  
Dried Corn Kernels or  
Unpopped Popcorn  
Cereal

## Food:

Spaghetti (dyed with food coloring)  
Jello  
Pudding  
Pumpkin Guts  
Tapioca Pearls

## "Nature" Related:

Aquarium gravel  
Sand  
Colored craft sand  
Dirt/Soil/Mud  
Leaves  
Water  
Flower Petals  
Silk Flower Petals  
Feathers  
Grass (real or fake)  
Hay  
Snow  
Rocks  
birdseed  
Pine Straw

## "Cool" Sensory Fillers:

Water Beads  
Kinetic sand  
Ice

## Household Items:

Shredded paper  
Packing peanuts  
Cotton Balls  
Shaving Cream  
Cut Yarn  
Cut Straws  
Foam from dish soap  
Corks  
LEGOS  
Rubberbands

## Crafting Items:

Buttons  
Pom-poms  
Poly-fil plastic pellets  
Easter grass  
Loom Bands  
Instant Snow  
Glass Pebbles or Marbles  
Buttons  
Beads

## How to Use:

This list of sensory bin fillers (for the "base" of your sensory bin) can be combined with seasonal items or items that target specific learning goals. Place items and filler in a bin or sensory table and you are all set!

**Find more ideas at [SpeakPlayLove.com](http://SpeakPlayLove.com).**