

4 Sensory Bin DIY ideas for parents with kids at home | #PositiveParentingTips | GetSetParent

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SUMMARY

Pallavi from "Get Set Parent" shares creative ideas for sensory bins that engage children aged 2 to 8, providing them with stimulating activities while parents work. She demonstrates various types of sensory bins, emphasizing their benefits for independent play, fine motor skills, and learning through hands-on experiences.

- *Sensory bins are engaging activities that promote quiet play and can be set up indoors or outdoors.*
- *Types of sensory bins include nature bins (with leaves, stones), water bins (to explore floating and sinking), and sand bins (for excavation play).*
- *Multi-sensory activities enhance learning, making concepts more interactive and enjoyable for children.*
- *Kitchen items like colored rice, dried pasta, and beans can be used to create vibrant sensory experiences.*
- *Sensory bins support fine motor skill development through scooping, pouring, and measuring activities.*
- *They encourage independent play, allowing children to engage with materials on their own or with siblings.*
- *Messiness is part of the fun; parents are encouraged to embrace it as it can be easily cleaned up.*

Speaker 1: Hey, everybody, you're on my channel Get Set Parent with Pallavi. And today I thought we'll do something really fun and we'll try and do something really stimulating for children. So a lot of you wrote into me and asked me, what are those activities we can do with children but which keep them busy while we are working. So children of 2, 4, 3, 4, 5, 6, all the way to even 8 years old. So today I'm going to show you how to make sensory bins.

Speaker 1: Yeah, so you might or you might not have heard of the word. Sensory bins are essentially very, very engaging. They're very exciting for children and they, they encourage children to spend a lot of time by themselves in quiet play. So today I'm going to demonstrate to you different types of sensory bins that you can create in your home. I have a patch of a garden, so I'm doing it outdoor. You could also do this in your balcony, in your bathroom, or just lay out newspapers and do it in your bedroom.

Speaker 1: Don't be scared of the mess. It's all right. Mess can be cleaned up. All right, so, so here goes. So I'm going to show you a variety of sensory bins today. This is something that we call a nature bin. If we can have you come closer and show this. So what all do you have in your nature bin? I have flowers and I have leaves. Okay. And I have some stones. Okay.

Speaker 1: So a nature bin is essentially all kinds of stuff that your kids can pick up. Stones, leaves. This is some stone that she painted. So nature bin essentially means stuff that you pick up from everywhere. So this was a

nature bin. Now I'm going to show you another type of a nature bin which. Yeah. So in which we use. Okay, let's have a look at this. This is very easy to use. You can come closer.

Speaker 1: This is where we fill water. And children love playing with water. So with water, the deal is water is very, very therapeutic. And children love to splash around and play water. So you can see the children are kind of going from the nature bin to the water bin to the sand bin. So some of the concepts that you can actually teach with water are things like, what's happening to this? Is it floating or sinking? Floating, floating, Floating.

Speaker 1: Right. So yeah, come this side. So you have objects which float and Spider man is sinking. So water is very, very therapeutic. Another advantage of a sensory bin is it kind of helps children in their finger play. A lot of finger muscle strength, fine motor skills are developed. A lot of pre writing activities happen because of how much time they are spending in sensory bins. And I'll show you another type of sensory bin which is good old sand.

Speaker 1: So what I've done is I've taken a pot, filled it with sand, and we are excavating dinosaurs today. So just give them stuff from the kitchen, like a spin, a shield, and they can dig, find, you know, hide some nice treats for them inside. This is also very, very sensorial. Multi sensory activities are what you want to encourage. Where they have a lot of touch, a lot of visual element, a lot of, so excavation.

Speaker 1: Imagine teaching excavation through a book. Very, very boring and difficult to understand. But the moment you make it learning by doing the moment you make it interactive, the entire experience, experience of this entire thing changes. So for example, what we've done is we've got a few things from the kitchen. So we want to just show the ingredients here. So we've used good old dals, chana, all kinds of things. Now these are some of the elements we've used to add color.

Speaker 1: This is rice mixed with food color and dried, simple food color. You get it anywhere in the market, you mix it and you dry it so the moisture is not there. Then this is what you call your sevai or vermicelli. We've added blue to it, right? So this is how we're trying to create something called a rainbow bin. And this is sabudana or sago. We've dyed it orange with orange color. Now this is food, but we don't waste it.

Speaker 1: This is something that, you know, you actually put it into a lid. And we've been, you know, you can use this for a few months in fact. So this is also very stimulating. So, you know, kids kind of have tea parties with this, give them a few tools. So scooping activities like. So you give them a small cup. So these are again, toddler skills to pick up. You have scooping, so you show them how to scoop.

Speaker 1: You have pouring, scooping. These are all activities which also help in measuring. So some of the top advantages of creating sensory bins at home, use kitchen products, use mud, use water, use grass, use flowers. All of these allow them to sit, spend time, engage with themselves. That's the biggest advantage. The second thing, like I said, it allows for a lot of touch and feel. Touch and feel is very, very important to toddlers and kindergarteners.

Speaker 1: So that's very, very important. And the third thing that it does is it is amazing for solo play. And if you have two or three children at home, they can do that as well. So try these at home. Very easy to do. So I hope you learned a lot of things from this episode on sensorial stimulation for toddlers and small children. Stay tuned to learn many other parenting hacks like this and I look forward to seeing you soon again on Get Set Parent with Pallavi.

Speaker 1: Thank you so much. Sa.