

# Sensory-Based Activities

Sensory play is not only incredibly beneficial but it's also one of the few ways that babies can play. Some activity ideas that can be made at home with a few materials.

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## Sensory Bag

Supplies needed:

- Ziploc
- Water or gel
- Small objects (such as buttons, pom poms beads)
- Tape

You can tape it up on the window or wall which will also help strengthen their upper body as the play, which is a great way to develop gross motor skills. Can be done in tummy time also.

## Sensory Bottles

Supplies needed:

- Plastic bottle
- Soap or water
- Food dye
- Small objects (such as toys, buttons, marbles, pom poms, glitter)



## Sensory Bin

Supplies needed:

- Plastic bin or container
- Water, sand, or rice
- Can add toys
- Spoon or tongs

## Sensory Lid

Supplies needed:

- Plastic lids (old formula lid)
- Hot glue gun
- Different types of sensory materials

Can be used during tummy time or seated.





Taste safe Spaghetti  
Supplies needed:

- Food dye
- Cooked spaghetti

Easy way to incorporate messy play with taste safe materials.

### Sensory Board

Supplies needed

- Cardboard
- Hot glue gun
- Textured materials, such as: sponge, bubble wrap, straws, cupcake wrappers, rock, wood, plastic from a sandwich bag, paper, card, and fabric.



## Websites with more activity ideas

[Visual Sensory Activities](#)

[Sensory activities](#)

[Play-based sensory activities](#)

[Sensory Play Ideas](#)