

Stress Reducing Sensory Bin



Gather your sensory bin materials:

field corn (check out [amazon.com](https://www.amazon.com) or Tractor Supply Co.)

empty balloons

Place corn in sensory bin and start to play! While you play, show your child how to place corn kernels into balloons. It's a great fine motor activity working on grasping patterns, bilateral coordination, and visual motor integration.

Once the balloons are filled, you have a sensory bin full of DIY stress balls! Manipulating the corn in the balloons is a great way to develop a gross grasp, which uses all the fingers together at once.

***please supervise children closely while playing with any sensory materials and do not leave child unattended with small objects**