

Stress Reducing Sensory Bin



Gather your sensory bin materials:

field corn (check out 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**