

Dig into Sensory Tubs

What is a Sensory Tub?

Sticky, slippery, gooey, heavy, bumpy...that's what sensory experiences are made of. Learning and retention improve depending upon how many of our senses are engaged.

Sensory activities provide children with another meaningful avenue for learning. Sensory tables or several tubs rotated regularly with a variety of sensory materials are great investments for hours of learning, exploring, and fun. Because children learn best by having "hands on" experiences with materials, sensory experiences are vital to young children's learning.

What ages are Sensory Tubs appropriate for?

Sensory tubs can be enjoyable for any age. Tubs should be created based on the target age group. Young children like to explore with their mouths, so be careful of choking hazards. Children should always be observed while playing in sensory tubs by an adult.

How to Make a Sensory Tub

Materials:

- Clear plastic bin with a lid
- Rice, sand, beans, beads, and/or rocks
- Various small toys
- Tablecloth
- Measuring spoons, shovels, scoops etc.



Instructions

1. Set aside a place to play. Sensory tables are fun, but they can also be quite messy, depending on the items that you put inside.
2. Lay a large plastic tablecloth on the floor to create a place to play. The larger the tablecloth, the easier it will be to clean up after you're done using your sensory tub.
3. Fill the tub with various sensory items. There are many different items that you can include in a sensory tub, so use your imagination when choosing items. You can put in simple things like sand, rocks, dry rice, dried beans or even dry cereal. Ice cubes and water are other fun sensory items to play with. You can even add glitter or food coloring to teach your child about colors. Some have even been done with jello!
4. Ask participants questions about what they feel in the sensory tub. Is it bumpy? Round? Slimy? Etc.

Resources

- www.earlychildhoodnews.com/earlychildhood/article_view.aspx?ArticleID=227
- www.ehow.com/how_2146302_create-sensory-tub.html#ixzz2NQfj22qk
- www.ourschoolathome.com/2012/03/making-our-first-sensory-tubs-rainbow.html
- countingcoconuts.blogspot.com/2010/11/your-sensory-tub-questions-answered.html
- totallytots.blogspot.com/2011/02/whats-in-tub-space-sensory-tub.html
- www.notimeforflashcards.com/category/sensory-tubs
- www.oneperfectdayblog.net/2012/05/16/getting-messy-rainbow-spagetti-sensory-tub/
- Pinterest also has great ideas for putting together sensory tubs!
 - http://pinterest.com/becky_bilby/sensory-storytime/
 - <http://pinterest.com/tarakraus/sensory-tub-ideas/>