

42 Ideas for Sensory Media

(As with all activities, beware of choking hazards when working with very young children.)

1. Dry Pasta
2. [Colored Rice](#)
3. Unpopped [Popcorn](#) Kernels
4. Dry Beans
5. Packing Peanuts
6. [Wood Shavings](#) / Sawdust
7. [Colored Ice Cubes](#)
8. Shaving Cream
9. [#7 & #8 combined!](#)
10. [Soapy Water](#) : Add dishes, washable dolls, or empty water bottles and funnels. (To prevent eye irritation, use baby soap.)
11. Blue Water (Add white, red, and yellow scoops/cups.)
12. [Snow](#)
13. Dirt and Worms
14. [Potting Soil and Pony Packs of Plants](#)
15. [Sand](#) - With or without water
16. [Cut Open Fruits and Veggies](#) (especially the squash family)
17. [Gelatin](#)
18. Seeds
19. [Cornmeal](#)
20. [Salt](#)
21. Feathers

22. Cut Up Colorful Sponges or Upholstery Foam
23. Shredded Paper
24. [Oobleck](#)
25. [Slime](#) (Make it [Glow in the Dark](#) too!)
26. [Goopy Goop](#)
27. [Containers with soda and vinegar](#)
28. [Bean Bag Pellets](#)
29. Rocks, Pebbles, and River Stones
30. [Pom Poms](#)
31. [Take Aparts](#)
32. Nature Items (Nests, Pinecones, Shells, Roots) w/ Magnifiers
33. Beads and/or Buttons
34. Aquarium Gravel and/or [Gem Stones](#) (Flat Marbles)
35. [Clean Mud](#)
36. [Colored Water for Mixing](#)
37. [Dry Ice](#) (With Supervision!)
38. Leaves (Real or Fake)
39. Straw, Hay, Grass, or Easter Grass
40. [Items Frozen in Ice](#)
41. [Craft Foam Shapes](#) or Bath Letters in Water
42. Classic [Sink or Float](#) Items and Water

What favorite sensory items have you discovered?

- 1.
- 2.
- 3.
- 4.
- 5.