



OT Lens: Un Paso
A La Vez

Tactile and Exposure Activities

WHAT ARE TACTILE/SENSORY BINS?

Tactile and sensory bin that contains different textures and items, where it encourages smell, touch, sight, and sound. These bins allow for sensory exploration of textures and items that are within the bin.

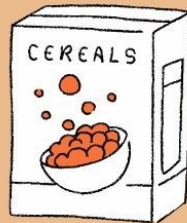
WHAT ARE THE BENEFITS?

A tactile/sensory bin helps children engage, modulate, and organize their senses by being exposed to it. By having several items within a bin, it allows children to explore.

Sensory Modulation (brain's ability to understand the input from sensory input, such as items, objects, or touch from people)

TO CREATE FUN TACTILE ACTIVITIES, YOU CAN CREATE TACTILE/SENSORY BINS WITH THE FOLLOWING ITEMS:

- Beans
- Rice
- Cooked Beans
- Flour
- Coffee Grind
- Dirt
- Marbles
- Seashells
- Acorns
- Pasta
- Cotton Balls
- Beads
- Buttons
- Cereal
- Pom Poms
- Pumpkin guts
- Soap Foam
- Shaving Cream
- Shoe box or empty container to keep items together



These items can be found within the outdoors, local grocery store, or at home.

Please have close supervision of the child

- Be aware of choking hazards on small items or textures
- Wet or messy environment from tactile and exposure interaction
- **NEVER** force a child to interact with tactile textures. There has to be a form of trust between the child and the texture

****Please consult a licensed occupational therapist or healthcare practitioner to ensure the activities are appropriate for your child. ****



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