The Essential Sensory Play Recipe

<table>
<thead>
<tr>
<th>FILLER</th>
<th>TOOLS</th>
<th>TOYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beads</td>
<td>Bucket</td>
<td>Animals</td>
</tr>
<tr>
<td>Coffee beans</td>
<td>Colander</td>
<td>Balls</td>
</tr>
<tr>
<td>Cotton balls</td>
<td>Cookie cutter</td>
<td>Bells</td>
</tr>
<tr>
<td>Dry beans</td>
<td>Cup</td>
<td>Blocks</td>
</tr>
<tr>
<td>Leaves</td>
<td>Funnel</td>
<td>Buttons</td>
</tr>
<tr>
<td>Lentils</td>
<td>Magnet</td>
<td>Candy (toy to discourage eating)</td>
</tr>
<tr>
<td>Mud</td>
<td>Measuring cup</td>
<td>Doll</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>Paint with brush</td>
<td>Dollhouse furniture</td>
</tr>
<tr>
<td>Pasta: cooked or dry</td>
<td>Pipe cleaners</td>
<td>Flowers</td>
</tr>
<tr>
<td>Playdough</td>
<td>Plastic cleaners</td>
<td>Food (toy)</td>
</tr>
<tr>
<td>Pom poms</td>
<td>Plastic Easter eggs</td>
<td>Google eyes</td>
</tr>
<tr>
<td>Popcorn</td>
<td>Scissors</td>
<td>Insects</td>
</tr>
<tr>
<td>Ribbons</td>
<td>Scoop</td>
<td>&quot;Jewels&quot;</td>
</tr>
<tr>
<td>Rice</td>
<td>Scrub brush</td>
<td>Letters</td>
</tr>
<tr>
<td>Rocks/pepples</td>
<td>Sieve</td>
<td>Marbles</td>
</tr>
<tr>
<td>Sand</td>
<td>Shovel</td>
<td>Mirrors</td>
</tr>
<tr>
<td>Shredded paper</td>
<td>Spatula</td>
<td>Nuts &amp; bolts</td>
</tr>
<tr>
<td>&quot;Slime&quot;</td>
<td>Spoon</td>
<td>Pom poms</td>
</tr>
<tr>
<td>Snow or &quot;snow&quot;</td>
<td>Stick</td>
<td>Pumpkins</td>
</tr>
<tr>
<td>Soapy water</td>
<td>Tea kettle</td>
<td>Recycling</td>
</tr>
<tr>
<td>Straw</td>
<td>Tongs</td>
<td>Seashells</td>
</tr>
<tr>
<td>Styrofoam &quot;peanuts&quot;</td>
<td>Toothbrush</td>
<td>Trucks</td>
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<tr>
<td>Water</td>
<td>Tweezers</td>
<td></td>
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</tbody>
</table>

**Bonuses**

- Essential oils
- Food coloring (dye the filler)
- Spices

- Take sensory play outside
- Put sensory materials in the bathtub

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