

Your Guide to

MOUTH SAFE

SENSORY BINS

Why mouth safe?

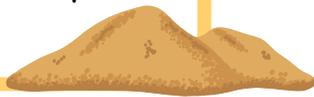


- Do you have a kiddo who loves to put things in their mouth? Do they frequently seek sensory input, especially through oral exploration? Then a mouth safe sensory bin may be the activity for you!
- Mouth safe sensory bins allow for children to engage in safe sensory play to help them indulge in the sensory input they need to be regulated, while also providing a safe option in the event that the content does make it to their mouth.

Sand Sensory Bin

Ingredients: Cheerios, graham crackers, or similar texture brown crackers/cereals

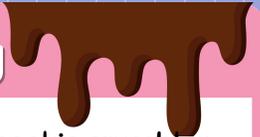
Create a fun sand sensory bin by hiding plastic animals, small pieces of a puzzle, or other items to dig for



Safety Facts

Remember to always have adult supervision! Though these are mouth safe, we still want kiddos to learn the power of play and limit mouthing behaviors for safety. Use verbal and gentle tactile cues to redirect mouthing behaviors, or demonstrations back to the functional play with items in the bin.

Mud Dig



Ingredients: Chocolate Pudding, cookie crumbles (Oreos are a great option for this!)

Use chocolate pudding as mud and cover plastic animals or cars. Have a water bin near by with a small sponge to wash the animals or cars and get them squeaky clean!



Modeling Clay

- Ingredients:
 - Kool-aid packets for coloring or food coloring
 - 1/4 cup boiling water
 - 1/2 cup flour
 - 1/2 tsp oil (canola or vegetable)
 - 1/8 cup sugar
- Directions
 - Mix all the dry ingredients in a bowl
 - Add oil
 - Add boiled water
 - Using a spoon blend ingredients until you see it begin to clump together in small balls
 - Begin kneading with your hands until it is well mixed

*Tip: If the mixture is sticky add a pinch of flour

You can store in a plastic container to keep it soft