

# MOM & MINI club

Week of 2/12/24

KID

Creating a simple sensory station for your child using a shallow plastic bin, dried rice or pasta, and measuring cups and spoons is a fantastic way to engage their senses and promote fine motor skills. Follow these steps to set up an enjoyable and educational sensory activity:

Materials Needed:

- Shallow plastic bin
- Dried rice or pasta
- Measuring cups and spoons in various sizes
- Optional: Funnels, small containers, or toy scoops

Setup Steps:

1. **Select a Safe Location:** Choose a flat and stable surface where the toddler can comfortably sit or stand. Place a mat or towel underneath the sensory bin to catch any spills.
2. **Prepare the Bin:** Pour a sufficient amount of dried rice or pasta into the shallow plastic bin. The quantity depends on the size of the bin and your preference, but ensure there's enough for your child to explore and manipulate.
3. **Add Measuring Cups and Spoons:** Introduce a variety of measuring cups and spoons into the sensory bin. Opt for different sizes and shapes to encourage exploration and experimentation. Ensure that the materials are safe for your child to handle.
4. **Optional Accessories:** Consider adding funnels, small containers, or toy scoops to enhance the sensory experience and provide additional ways for your child to interact with the materials.

**5. Mix and Hide:** Gently mix the rice or pasta with the measuring tools. You can also hide small toys or objects within the sensory bin for the toddler to discover, adding an element of surprise.

**6. Invite your Child:** Guide your child to the sensory station and encourage them to explore freely. Let them touch, feel, and play with the materials. Explain the different shapes and sizes of the measuring tools.

**7. Encourage Imagination:** Foster imaginative play by suggesting activities such as filling and pouring, creating imaginary recipes, or sorting the tools by size. Allow your child to take the lead and express their creativity.

**8. Supervise and Participate:** While your child plays, supervise to ensure a safe environment. You can also join in the fun, modeling how to use the measuring tools and engaging in interactive play.

**9. Clean-Up:** When the sensory play is complete, guide your child in cleaning up. Encourage them to pour the rice or pasta back into the bin and put the measuring tools away.

This simple sensory station not only provides entertainment but also supports your child's sensory development, fine motor skills, and imaginative play. Adjust the materials and activities based on your child's interests and developmental stage.

