



MOM & MINI club  
Week of 2/12/24  
TODDLER

Creating a simple **sensory station** for your toddler 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 toddler 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 the toddler to handle.
4. **Optional Accessories:** Consider adding funnels, small containers, or toy scoops to enhance the sensory experience and provide additional ways for your toddler 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 your toddler to discover, adding an element of surprise.

**6. Invite the Toddler:** Guide your toddler 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 the toddler 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 the toddler 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 the toddler's sensory development, fine motor skills, and imaginative play. Adjust the materials and activities based on your toddler's interests and developmental stage.