



Body Hunt Sensory Bin

Our bodies are our tools to navigate through this world. Our little ones use their bodies especially when they are younger to explore everything around them. Introducing and identifying body parts is a great way to build vocabulary and body awareness that will help increase their confidence. Create a sensory bin with us that focuses on body parts!

Include any play medical tools, too, to help introduce instruments they may see at a doctor's visit. This will make a trip to the doctor a little less scary!

1



Gather materials:

- Large Bin
- Red Water Beads (Orbeez)
- Felt / Foam Sheets (various colors for the body: red, pink, brown, white, tan)
- Fake Body Pieces (eyeballs, bones)
- Stethoscope
- Syringe
- Gauze
- Tweezers
- Ping Pong Balls (optional)

2



Let your desired amount of red water beads soak in water for 8-10 hours.





3



Drain any excess water and add your beads to a large bin. These will be your red blood cells!

4



Add ping pong balls to your sensory bin to represent white blood cells.

5



Pick out different body parts to add to your sensory bin. These can be external or internal body parts, such as a heart, eyeballs, bones, lungs, hands, feet, etc. If you already have fake body parts, like eyeballs and/or bones, add them to your bin.

6



You can create your own body parts using felt and foam shapes. Draw the shapes of the body parts and cut them out. Allow little hands to help with easier shapes to practice cutting skills!



7



Add the various foam and felt shapes to the sensory bin.

8



Add any pretend medical equipment and/or tools for exploring the bin: gauze, stethoscope, tweezers, syringes, etc.

9



Have fun and explore your sensory bin! Ask your child to search for various body parts. This will help them learn their shapes and identify them. See if they can use the tweezers to remove the body parts to develop their fine motor skills.