

**Home sensory table ideas:** Choose a good container (dollar store). Have fun and be creative. Place a plastic tablecloth underneath for easier clean up.



**Cotton balls, containers and clothes pins:** Children can use tongs/tweezers/clothes pins to pick up the colored pom poms/cotton balls and drop them into a recycled bottle/plastic container (oatmeal containers/ marinara jars/ empty yogurt containers). This activity is good fine motor practice and hand-eye coordination.



**Pouring Water:** Children can pour water into different sized containers.



**Pouring Sand:** Children can pour sand/rice or macaroni into different sized containers.



**Exploring Volume with Rice:** Children can use dry rice with measuring cups, funnels, and different sizes and shapes of clear plastic containers.



**Color Mixing:** Children can mix primary-colored water to make secondary colors. The bucket in the middle was for dumping the water when finished, or to start over.



**Turkey Basters:** Children can use turkey basters (bought at the Dollar Tree) with a bucket of water and measuring cups. Great fine motor practice & a lot of fun!



**Cups With Holes & Cups Without Holes:** Children can use cups with holes & two without holes for the children to explore with the water. Have fun and enjoy watching the “rain”.



**Ice Rainbows:** Children can have fun exploring crushed ice and colored water by adding drops of colored water to a cup of ice.



These fun ideas graciously shared by the Fitchburg OT Department:

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