

Sensory Bin Play Pack

WellnessMomHub.com

A low-prep printable for moms and kids

Pick today's play mission

Choose one job, one filler, and one or two tools. That is plenty.



Scoop & Pour

Move things from here to there.

☐

We pick this one!



Find & Rescue

Hide a few big toys. Then hunt.

☐

We pick this one!



Wash & Scrub

Add shallow water and washable toys.

☐

We pick this one!



Sort & Match

Group by color, shape, or type.

☐

We pick this one!

Today we are using:

Kid name:

Date:

Mom's 2-Minute Setup Planner

WellnessMomHub.com

Plan it before the filler reaches the floor

1. Pick the container

- ☐ Storage bin ☐ Dishpan ☐ Roasting pan ☐ Sensory table ☐ Other

2. Choose one filler

- ☐ Crumpled paper ☐ Shredded delivery paper ☐ Jumbo pasta*
☐ Fabric or socks ☐ Water ☐ Seasonal items
☐ Large blocks ☐ Cardboard pieces ☐ Other

*Use only when you have decided it is suitable for your child and can supervise the entire activity.

3. Add one or two tools

- ☐ Cup ☐ Scoop ☐ Spoon ☐ Tongs
☐ Sponge ☐ Brush ☐ Muffin tin ☐ Bowl

4. Give the bin one job

- ☐ Scoop & pour ☐ Find & rescue ☐ Wash & scrub
☐ Sort & match ☐ Post & drop ☐ Stack & build

My setup in one sentence:

Where we will play:

Cleanup plan:

Low-Mess Sensory Bin Cheat Sheet

WellnessMomHub.com

Pick one row and start. No craft-store trip required.

Filler	Add	The job	Mess level
Crumpled paper	Bowl + big toys	Find & rescue	Low
Clean socks	Muffin tin	Sort & match	Low
Fabric scraps	Cup + tongs	Scoop & transfer	Low
Large blocks	Colored bowls	Color sort	Low
Cardboard shapes	Matching board	Match shapes	Low
Shredded paper	Toy trucks	Load & dump	Medium
Water	Sponge + cup	Wash & squeeze	Medium
Paper leaves	Scoop + basket	Collect & sort	Low
Gift bows	Bowls	Sort by color	Low
White washcloths	Toy animals	Pretend snow play	Low

My fastest setup today

Filler:
Tool:
Job:

☐

Towel or mat is down

☐

I used less filler

☐

I can stay nearby

Kid's Sensory Bin Mission Board

WellnessMomHub.com

Check a box each time you finish a mini mission

☐

Scoop 5 things

☐

Find something red

☐

Put 3 things in a cup

☐

Wash 2 toys

☐

Make a big pile

☐

Make a tiny pile

☐

Find something soft

☐

Find something rough

☐

Pour slowly

☐

Put everything back

☐

Invent your own job

☐

Help with cleanup

My own mission:

Draw a star when you are done:



Cut-and-Choose Sensory Bin Cards

WellnessMomHub.com

Cut on the dashed lines, let your child pick one, then build a simple version

FALL PAPER LEAF SCOOP Paper leaves + cup + basket ☐ Pick me	FALL PUMPKIN PATCH Mini pumpkins + paper + basket ☐ Pick me	FALL APPLE WASH Whole apples + water + sponge ☐ Pick me
WINTER FABRIC SNOW White socks + toy animals ☐ Pick me	WINTER PAPER SNOWBALLS Crumpled paper + cup ☐ Pick me	WINTER MITTEN MATCH Clean mittens + small basket ☐ Pick me
CHRISTMAS GIFT BOW SORT Large bows + colored bowls ☐ Pick me	CHRISTMAS WRAP & RESCUE Wrapped large toys ☐ Pick me	CHRISTMAS FELT TREE Felt tree + large felt shapes ☐ Pick me
ANY DAY CAR WASH Cars + shallow water + sponge ☐ Pick me	ANY DAY SOCK SORT Clean socks + muffin tin ☐ Pick me	ANY DAY PAPER TREASURE Crumpled paper + large toys ☐ Pick me

Tip: Keep the chosen card on the fridge so you remember which setup your child asked to repeat.

Our Sensory Bin Play Log

WellnessMomHub.com

A quick record for what worked, what flopped, and what to repeat

Today's setup

What did we use?

How long did it last?

☐ Under 5 min

☐ 5-10 min

☐ 10-20 min

☐ 20+ min

Kid verdict

☐ Do it again

☐ Maybe

☐ No thanks

Favorite part:

What went wrong or got messy?

Next time I will:

The 5-Minute Reset

WellnessMomHub.com

A tiny cleanup checklist for the person who made the activity happen

☐ 1. Put the tools in one bowl

☐ 2. Return reusable filler to a bag or bin

☐ 3. Recycle paper or cardboard that is done

☐ 4. Wipe or dry the container

☐ 5. Save one note about what worked

Notes for next time

The rule I am keeping:

One filler. One or two tools. One job. Done.