



# Sensory Play Sparkle

## *epsom salt* STIMULATION BINS

Epsom salt is ideal for sensory play because its soft, crystal-like texture is satisfying to scoop, pour, and sift while being gentle on hands. It's relatively low-mess and easy to clean up, and its natural sparkly appearance (plus the option to dye it) makes it visually engaging for themed activities. It's also affordable, versatile, and easy to customize for creative, hands-on learning experiences.

## Ingredients

- Epsom salt (enough to fill your container base)
- Large bin or tray (plastic storage bins work well)
- Optional add-ins:
  - Small scoops, cups, or spoons
  - Toys (animals, cars, figurines)
  - Funnels or containers for pouring
  - Food coloring (optional, for dyed salt)
  - Essential oils (optional, for scent—use lightly)

## How to Use

- Encourage scooping, pouring, and burying objects.
- Let children explore textures and practice fine motor skills.
- You can add simple activities like:
  - Hiding objects to find
  - Sorting items
  - Pretend play scenes

*Supervise younger children to prevent tasting or throwing.*

### Storage Instructions

- Store the salt in an airtight container or keep it covered in the bin with a lid.
- Keep in a dry place to prevent clumping.
- Remove debris (lint, dirt, broken pieces) after each use.
- Replace salt if it becomes dirty or damp.

## Instructions

1. Prepare the base: Pour Epsom salt into your bin until you have a few inches of depth.
2. Optional coloring: If you want colored salt, mix a small amount of food coloring with the salt and let it dry fully before use.
3. Add extras: Place scoops, toys, or tools into the bin to encourage play and exploration.
4. Choose location: Set the bin on an easy-to-clean surface (table, floor mat, or outdoors if possible).