

Dive into the world of the Nereids

Room
17

Create your own 'Under the sea' sensory bin

Sensory bins are a great way to explore, discover, imagine, create, and learn while engaging the senses. Here's an example of a sensory bin that uses different materials and textures to help bring the under-water world of the Nereids to life.

Instructions – Sensory Play Rice



1

You will need:

- 1 x freezer bag
- 1 x cup of rice
- Blue paint or food colouring



2

Pour the rice into the freezer bag and add in the blue paint or food colouring.

The more paint or food colouring you put in the darker the blue colour will be.



3

Close up the freezer bag and shake until all the rice has turned blue.



4

Lay the rice out on a blue plate or tray to dry. This may take a couple of hours.

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Ideas for your sensory bin



To recreate sand, you can use:

- Oats
- Sugar
- Crushed up pasta

Lay the rice and 'sand' into a tray or box as the base for your sensory bin.



Tin Foil Fish

Cut out a range of fish shapes from tin foil – you can draw on scales and fins with a pen or pencil.

The silver reflects light like scales.



Seaweed

Seaweed can be recreated by:

- Green wool
 - Shredded green paper
 - Ribbon
 - Material cut into thin strips
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You can add anything to your sensory bin that you want to! Get creative with items around your house.

This one includes:

- Tin foil fish
 - Pebbles
 - Shells
 - A cardboard starfish
 - Green paper shredded to make seaweed
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