

sensory Table

Time to spice up your sensory table

Food Fillers

Rice
Wheat
Barley
Great Northern Beans
Navy Beans
Black Beans
Chick Peas
Lentils
Split Peas
Soy Beans
Macaroni Noodles
Shell Noodles
Letter Noodles
Star Noodles
Orzo Noodles
Wagon Wheel Pasta
Old Fashion Oats
Cornmeal
Flour
Pumpkin Seeds with shell
Sunflower Seeds with shell
Popcorn Kernels
Coffee Grounds
Table Salt
Baking Soda

Non-Food Fillers

Epson Salt	Shredded Paper
Rock Salt	Water Beads
Organic Soil	Insta Snow
Pet Bedding	Plastic Grass
Sand	Grass Seed
Bird Seed	Pom-Poms
Aquarium Gravel	Ice
Mulch	Snow
Holepunch Confetti	Cotton Balls
	Shaving Cream

Scoops & Containers

Mini Scoops	Clear Plastic Cups
Spoons	Clear Plastic Mugs
Measuring Cups	Souffle Cups
Measuring Spoons	Baby Formula
Cups/Bowls	Scoops
Funnels	Small Bowls
Tongs/Tweezers	Mini Pots & Pans

Extras

Floral Stones	Gemstones
Candles	Beads
Straws	Pipe Cleaners
Stir Sticks	Small Tools
Mini Erasers	Sifters
Small Plastic Figures	Colanders

Coloring Fillers

Most fillers can be colored or tinted with liquid watercolors or acrylic paint. Place item in a zip lock bag add color shake until fully colored and lay out on a sheet of foil until dry.

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August



September



October



November



December



January



Monthly Ideas

February



March



April



May



June

