

Sensory Bags for Infants

When young children use their senses to explore and play it helps build cognitive skills and create brain connections.

Cereal sensory bags for infants and young toddlers.

Supplies needed:

- Large or small Ziploc Freezer bag
- Cheerios or rice crispies (any cereal that is easy to crush)
- Packing tape or duct tape



Directions:

- Put enough cereal in your freezer bag to have a single layer of material across the when bag is laid flat.
- Tape the opening shut for added protection from spills.
- You can choose to either tape the bag to a table or wall or allow the child to handle it.

This activity offer a wonderful opportunity for your child to explore their senses and also develop their fine motor skills.

They will be able to discover the feeling of the cereal crunching and the sound of the cereal being crushed. They will also use their hands and fingers to break up the cereal.

Once the materials are crushed it will also allow for the opportunity to explore drawing shapes in the dust that is left.

Remember all activities with young children should be monitored closely.

