



How to make a Messy Play Bag

An adaptation or precursor to messy play with a sensory bin!



5 Simple steps:

1. Purchase a sturdy Ziploc bag
2. Add a filler ex) water beads, flour+water, gel, or shaving cream
3. Add some visuals ex) pom poms, small letters or numbers
4. Close the bag and squish it all together
5. Duct tape it closed



Tip: Double bag it or use a pencil case if you are worried a kiddo will break the bag

Sensory Bags for Babies



Sensory bags can help babies work on many sensory exploration, visual following, fine motor, and executive functioning skills!

Taping a bag to the floor limits the child from tearing and biting the bag and facilitates weight bearing and tummy time! Also an adult can tape it to the window or under the table to increase shoulder stability and upper extremity strength.

Sensory Bags for Older Kids

Sensory bags for older kids are great for on-the-go and can work on many skills!

- Make the bag into a maze, add a ball to work on fine motor/finger isolation
- Draw letters, numbers, and/or shapes with a Qtip to practice writing grasp and work on prewriting skills
- Hide letters/shapes/ alphabet beads in the filler to play I SPY!





Messy Play Bag Supply List & Add Ins

Basic Supplies

Container

- Ziploc Bag
- Pencil Case

Filler

- Flour + Water
- Oil + Water with food coloring
- Gel
- Shaving Cream
- Paint
- Dish Soap

Add ins

- Water beads
- Confetti
- Alphabet Beads
- Pompoms
- Beads

Edible Options

- Fruit Loops
- Cheerios
- Food Coloring
- Frosting
- Pudding
- Dry Pasta
- Rice

Extras

- Q-tips to practice writing grasp
- Marker and marble/ ball to make the bag into a maze
- Small Toys/letters/numbers for “I Spy”

More Sensory Ideas

- Robot messy play bag: https://www.youtube.com/watch?v=kaheyaLww_w
- DIY Sensory Bottles: <https://www.youtube.com/watch?v=LBPkOsvJRzQ>

Safety First: Make sure the items are appropriate for a child’s age and there are no choking hazards for babies/toddlers