

FREE PRINTABLE

Taste-Safe Sensory Play Pack

10 recipe cards, a filler-by-age guide, a safety page, and bin task cards.

7 pages · Ages 1-6 · PDF, US Letter

Taste-safe sensory recipe cards

Cut out and keep on the fridge.

Edible 'sand'

Crush O-cereal or graham crackers. Add scoops. Taste-safe.

Cloud dough

8 parts flour : 1 part oil. Moldable, low-mess.

Taste-safe finger paint

Plain yogurt + a drop of food coloring.

Oat sensory bin

Dry oats + cups + spoons. Pour and scoop.

Cooked spaghetti bin

Plain cooked, cooled pasta + tongs.

Jell-O dig

Set Jell-O with toys inside; dig them out.

Ice excavation

Freeze small toys in a tub of water overnight.

Calm-down bottle

Water + glitter glue + glitter. Glue the lid shut.

Scented playdough

Add a little cinnamon or vanilla to playdough.

Frozen-berry paint

Mash thawed berries; paint with fingers (taste-safe).

Sensory bin filler guide

Match a filler to your child's age.

Taste-safe (under 3)

Cereal, oats, cooked pasta, crushed crackers, ice, water. Anything safe if it ends up in the mouth.

Ages 3+ (supervised)

Dry rice, dry beans, kinetic sand, cloud dough, pom-poms. Small loose parts only once mouthing has stopped.

Themes to try

Ocean (blue rice + sea animals), construction (beans + trucks), bakery (flour + cups), dino dig (sand + figures).

Tools that level it up

Scoops, funnels, tongs, muffin tins, measuring cups, small containers to fill and dump.

Sensory play safety

Always supervise

Stay with your child during sensory play, especially with water or small parts.

Water beads: ages 3+ only

They expand if swallowed and are a serious choking and intestinal-blockage hazard. Skip them with younger siblings around.

Small parts

Dry beans, small beads, and tiny objects are choking hazards for children who still mouth things (usually under 3).

Contain the mess

Use a large under-bed bin or an old sheet, and do messy play outside when you can.

Sensory-bin task cards

Drop one in the bin for an instant 'mission.'

Scoop & pour

Move the filler cup to cup.

Sort by color

Group the pom-poms.

Bury & find

Hide 5 toys; find them all.

Tongs transfer

Move 10 objects with tongs.

Make a pattern

Red, blue, red, blue...

Fill the line

Trace the line with filler.

Count it out

Scoop exactly 5 spoonfuls.

Big & small

Sort big from small.

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