

# Preschool Sensory Play Checklist

18 Ideas for Ages 3-5

FamilyHobbyHub.com

## 1. Tactile & Texture Play

- ☐ Homemade playdough
- ☐ Kinetic sand
- ☐ Textured nature basket
- ☐ Shaving cream tray
- ☐ Fabric scrap sorting

## 2. Taste-Safe Sensory Bins

- ☐ Edible dough
- ☐ Cereal or oat digging bin
- ☐ Fruit & veggie printing
- ☐ Jell-O or pudding finger paint

## 3. Water & Pouring Play

- ☐ Water bead bins
- ☐ Bath or sink pouring station
- ☐ Bubble play
- ☐ Ice excavation

## 4. Nature-Based Sensory Play

- ☐ Mud kitchen
- ☐ Leaf and petal sorting
- ☐ Sand tray with tools

## 5. Messy Art Sensory Play

- ☐ Foam or bubble wrap painting
- ☐ Salt or sand art