

## Build a Sit 'n' Play Sensory Table

*This table makes the fun of sensory bins accessible from your child's favorite supportive chair.*



We love sensory bins because they help children with visual impairments develop sensory processing and fine motor skills, boost concept development, and encourage play-based learning. Plus, you can fill a sensory bin with just about anything you find in your home! The end of this article has a list of ideas.

However, sensory bins can be challenging for children who need support sitting on the floor or at a table or are unable to stand on their own. That's why we designed this sit 'n' play sensory table for Everleigh, as shown in the photo. She uses a supportive chair for most of her daily

activities. The table is made from  $\frac{3}{4}$ " PVC pipes with a rectangular opening on the top that fits a 32-quart plastic storage tub. The upright pieces are customized to Everleigh's sitting height.

We've provided instructions for a flat-top and an optional slant-top table.

## Supplies:

- 1 quantity 32-quart plastic storage bin, 24" x 16" x 7"
- 5 quantity  $\frac{3}{4}$ " x 5' PVC pipe (or 2½ 10' PVC pipe)
- 6 quantity  $\frac{3}{4}$ " PVC 3-way slip-fitting elbow connectors
- 6 quantity  $\frac{3}{4}$ " PVC slip-fitting elbow connectors
- 4 quantity  $\frac{3}{4}$ " x 1" x 1" reducing PVC slip-fitting tee connectors
- Tape measure
- PVC cutter or hand saw
- Rubber mallet to tap each pipe piece securely into the connectors when you assemble the frame.

## Directions:

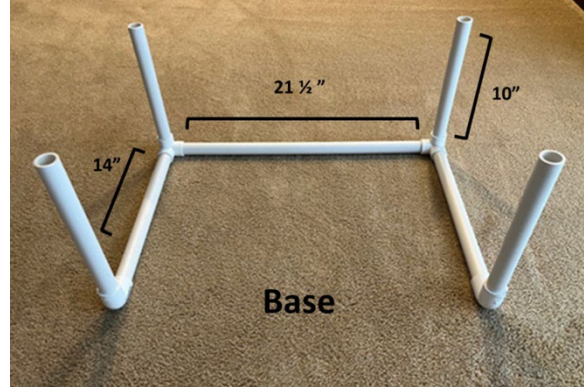
### 1. Measure and Cut the 5' PVC Pipe:

- Three 21½" pieces
- Six 14" pieces
- Four 3" pieces
- Four 10" pieces (customize this length based on your child's sitting height)
- Two 12" pieces (optional for slanting the bin)

## 2. Make the Base of the Table:

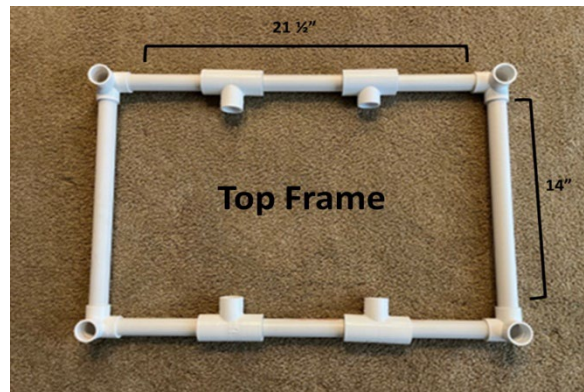
This is a three-sided rectangle. This allows your child's legs to slide comfortably under the table.

- Attach a three-way elbow connector to each end of one 21½" length of pipe.
- Attach the 10" pieces to this connector to form the vertical legs of the table and the 14" pieces to form the horizontal lengths.
- Attach an elbow connector to the ends of the 14" pieces.
- Attach the 10" pieces to these connectors to form the other two legs of the frame.



## 3. Build the Top Frame:

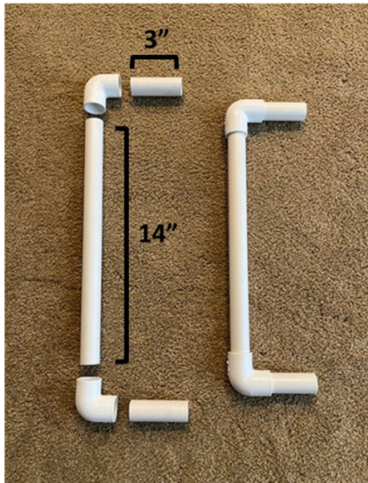
- Slide the tee connectors over the two remaining 21½" pieces into the desired position.
- Attach the four remaining three-way elbow connectors to each end of these pipes and connect the 14" pieces to the 21½" pieces, forming a rectangle.



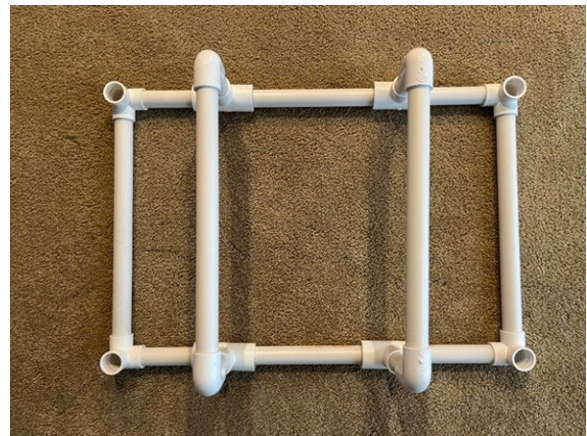
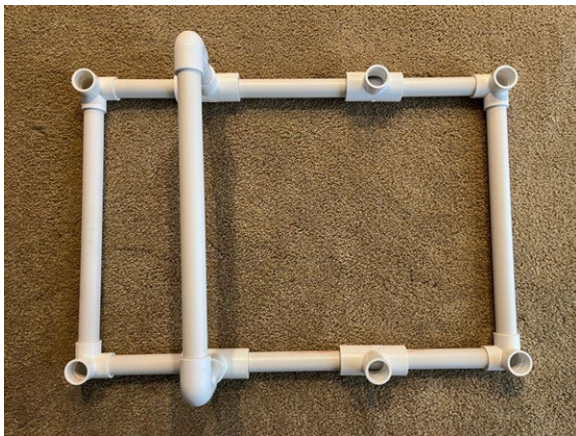
## Directions for Flat Support Bars:

Support bars attach to the top frame to hold the storage tub.

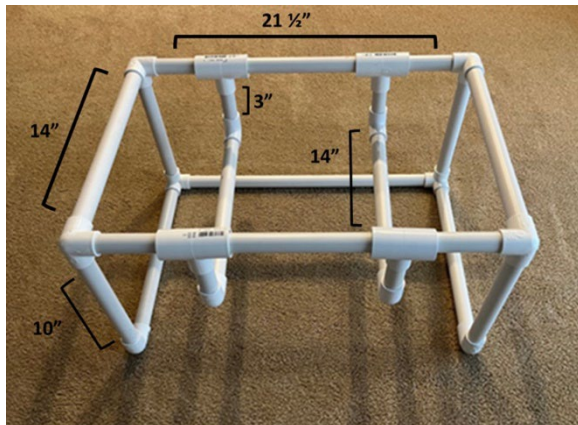
1. Attach the elbow connectors to the ends of two 14" pieces of pipe and add the 3" pieces to the ends of the elbows.



2. Roll the tee connectors upward and attach the support bars to the tee connectors on the top frame.



3. Turn the top frame over and attach it to the bottom frame.



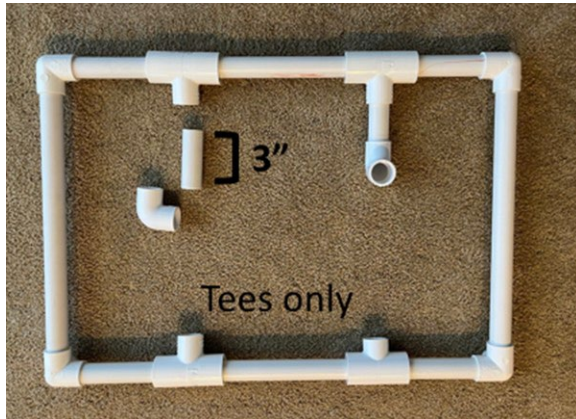
4. Place the plastic storage bin in the frame.



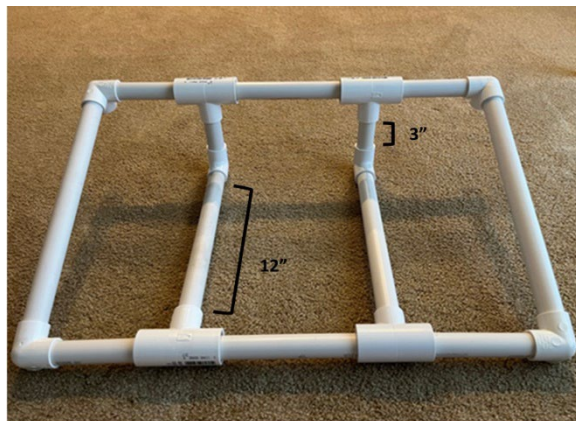
## Directions for Slant-Top Support Bars:

You can also make the storage tub slant toward your child for better access with slant-top support bars.

1. Attach two 3" pieces of pipe to the tees at the top of the frame and attach an elbow connector to the ends of the 3" pipes.



2. Connect two 12" pieces of pipe from the ends of the elbows to the tee connectors on the other side of the frame.



3. Turn the top frame over and attach it to the bottom frame.



4. Place the plastic storage bin in the frame.



## Suggested Materials for Sensory Bins:

- Dry beans
- Dry rice
- Dry pasta (try using a variety of shapes)
- Dry cereal
- Dry corn
- Oatmeal
- Whipped cream
- Water
- Bubbles (water with dish soap)
- Snow
- Mud
- Sand
- Graham cracker crumbs
- Shredded paper, mylar crinkle balls, Mardi Gras beads
- Leaves, pinecones, rocks
- Holiday gift wrap bows
- Mini pumpkins and gourds
- Oobleck or slime
- Pool noodles cut into 2-3" sections
- Large jingle bells
- Small bouncy balls
- Cotton balls, pom poms
- Small toys, figurines, cars, or construction vehicles

You can mix materials for more interesting combinations. Hide jingle bells in shredded paper or use construction vehicles to push, scoop, and dump beans or rice.

You can also create themed sensory bins about seasons or favorite holidays. Find more ideas [HERE](#).

Add various spoons, mini shovels, measuring cups and spoons, strainers, tongs, bowls, whisks, funnels, or empty water bottles for scooping and pouring.



## Tips:

- Always supervise your child, especially when playing with small, chokeable materials. Alternate between letting your child explore quietly on their own and engaging with them about what they are doing.
- Be sensitive to your child's body movements, vocalizations, and facial expressions, as introducing new items can sometimes be overwhelming.
- For hesitant children, introduce new items one at a time or start by placing them at their feet to allow them to get comfortable with the new textures.
- You can also put the lid on the plastic bin to create a play table.
- When your child is no longer using the Sit 'N' Play sensory table, unscrew all the parts and store them in the bin!

