

# Ideas to Help Children Bloom

**Sensory bins are awesome hands-on tools for children to learn about their world and their senses! Sensory play may calm a child, focus a child, and engage a child.**

<https://littlebinsforlittlehands.com/all-about-sensory-bins-5-things-need-know/>

<https://yourkidstable.com/ultimate-list-of-sensory-bin-ideas/>

<https://happyhooligans.ca/sensory-bins/>

**Being outside is important to improving the health of you and your family. Being in nature assist in relieving stress, strengthens immunity, sharpens your focus, and calms the mind. There are so many ways you can take advantage of the benefits of nature.**

<https://rhythmsofplay.com/mud-pie-nature-art-sensory-activity/>

[http://www.best-family-games.com/outdoor\\_games.html](http://www.best-family-games.com/outdoor_games.html)

<https://simplybeingmommy.com/2018/04/05/outdoor-fun-for-kids/>

**Indoor activities can form bonds and relieve stress. Be creative, have fun and enjoy the time spent together.**

<https://kinderart.com/blog/tv-free-activities/>

<https://morningchores.com/diy-indoor-activities/>

<https://www.whatdowedoallday.com/indoor-activities-for-kids/>

<https://www.realsimple.com/work-life/family/kids-parenting/fun-activities-for-kids>