LIFE AFTER ABA CLASSROOM · PRINTABLES CLUB



HALLOWEEN SENSORY BINS PACK

A friendly, low-prep October printable for sensory play + calm moments

5 No-Stress Halloween Bins

Simple ideas using easy-to-find supplies.

🔍 Halloween Texture Hunt

Explore soft, squishy, slimy, bumpy and more.

🌬️ Calm Corner + Breathing Cards

Quick visual breathing prompts for home, school or therapy.

🧡 Low-Cost + Flexible

Swap materials to fit age, preference and sensory needs.

Designed for: parents, caregivers, educators and professionals supporting sensory needs.

Tip: Laminate the texture hunt, breathing cards and visual schedule for repeat use.

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5 No-Stress Halloween Sensory Bin Recipes

Keep it simple: choose a shallow bin, add one base material, a few themed objects and a scoop or tongs.

Always select materials that are appropriate for the person's age, developmental level and mouthing risk.

1. Pumpkin Patch Bin 🎃

Base: dried beans, large pasta, shredded paper or orange pom-poms

Add: mini craft pumpkins, green yarn "vines," scoops, cups, small baskets

Play ideas: find pumpkins, line them up, count them, sort by size, make a pumpkin stand, practice in/out and full/empty.

Easy swap: use rolled-up orange socks or orange felt balls as pumpkins — a fully non-food bin.

2. Spooky Spaghetti Bin 🍝

Base: cooked, cooled spaghetti — plain, or tinted with one drop of purple or green food coloring

Add: large googly eyes, plastic spiders, mini pumpkins, child-safe tongs, small cauldrons or cups

Play ideas: squish, stretch, snip with child-safe scissors, hunt for hidden spiders, sort spiders into cauldrons.

Easy swap: switch to yarn or fabric strips for a non-food version with the same squishy feel.

3. Monster Mash Pom-Pom Bin 👾

Base: large pom-poms in purple, green, orange and black

Add: cups, muffin tin, large tweezers or tongs, monster face cards, large googly eyes

Play ideas: color sort, "feed" the monsters, make patterns, transfer games, quiet repetitive scooping.

Easy swap: this is already a great non-food option — the same pom-poms can be reused all year.

4. Ghost Goo Bin 👻

Base: oobleck — mix 2 cups cornstarch with about 1 cup water (add a drop of purple if you like)

Add: large googly eyes, small craft-foam ghosts, spoons, cups, droppers

Play ideas: watch it ooze and firm up, hide and find the ghosts, draw shapes and watch them melt away.

Easy swap: put hair gel or oobleck in a sealed zip-top bag for a no-mess squish that can't escape.

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5 No-Stress Halloween Sensory Bin Recipes

5. Witches' Brew Water Bin 🧪

Base: water with a drop of green or purple food coloring

Add: plastic cauldron or bowl, ladle, droppers, plastic spiders, foam bubbles or craft-safe glitter (optional)

Play ideas: stir and pour, "brew" pretend potions, drip colors into cups, add a pinch of baking soda and a splash of vinegar for a slow fizz.

Easy swap: skip the color and fizz — plain water with a ladle and cups is just as engaging.

Quick tips for a happy bin

- [ ] **Start small** — a few cups of base material is plenty.
- [ ] **Model first** — show one play idea, then step back and let your person lead.
- [ ] **Store it lidded** — most bins keep for another day if you seal them.

Sensory choice matters: it is okay to observe, use a tool, wear gloves, or skip a texture. Bins are invitations, not requirements.

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Halloween Texture Hunt

Explore your home, classroom, a Halloween party or a fall festival. Check each box when you find something that matches the sensory clue.

- ☐ Something soft
- ☐ Something squishy
- ☐ Something slimy
- ☐ Something bumpy
- ☐ Something that smells like fall
- ☐ Something warm
- ☐ Something cool
- ☐ Something that makes a quiet sound
- ☐ Something that makes a loud sound
- ☐ Something orange
- ☐ Something black or purple
- ☐ Something you can squeeze
- ☐ Something light
- ☐ Something heavy
- ☐ Something smooth
- ☐ Something that makes you feel calm

My favorite sensory find:

_____

One texture I want to try again:

_____

One texture I would rather skip:

_____

Draw it!

Draw your favorite sensory find — or the bin you want to make next.

Sensory choice matters: it is okay to observe, use a tool, wear gloves, or skip a texture.

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My Calm Corner + Halloween Breathing Cards

Hang the mini-poster where your person can see it, and cut apart the cards. Practice when calm so the pattern feels familiar when extra regulation is needed.

🌙 MY CALM CORNER 🌙

This is my calm corner. I can:

- ☐ take slow breaths
- ☐ hold something soft
- ☐ ask for a break
- ☐ come back when I'm ready

GHOST BREATH

Pretend you are a floating ghost.
Breathe in slowly through your nose for 4.
Floating the breath out, long and slow, for 5.
Repeat 3 times.

PUMPKIN BREATH

Make your belly **round like a pumpkin** as you breathe in.
Let the pumpkin **get smaller** as you breathe out.
Repeat 3 times.

SPIDER-WEB TRACE

Hold one hand open like a spider web.
Trace up each finger as you breathe in.
Trace down as you breathe out.
Continue around your hand.

FRANKENSTEIN FEET

Stand tall, arms out like Frankenstein.
Take 5 slow, stiff steps.
Stand still. Take **3 slow breaths**.
Repeat if you need it.

Reminder: Never force deep breathing. If breathing exercises feel uncomfortable, try a different calming strategy such as stretching, squeezing a pillow, rocking, listening to music or taking a quiet break.

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Quick Halloween Sensory Setup Guide

Use this page as a simple planning sheet for future sensory play.

1. **Pick a base**
   beans • pasta • pom-poms • spaghetti • oobleck • water
2. **Add 3–5 items**
   pumpkins • spiders • googly eyes • scoops • cauldrons • tongs
3. **Add a simple goal**
   scoop • sort • match • count • find • pour • pretend
4. **Offer choice**
   hands • scoop • tongs • gloves • observe • skip
5. **Keep cleanup easy**
   tray underneath • towel nearby • small portions • lidded storage

NOTES

Printable use note: Adult supervision is recommended. Avoid choking hazards, allergens, sharp natural materials, and any item that is unsafe for the individual's age or sensory profile.

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OPTIONAL PAGE

Costume-Day Visual Schedule

Halloween day can be big. Lay the day out in order, point to each card as it happens, and let your person cross it off or move it to "done."



Wake up



Costume on



Party or parade



Quiet break



Trick-or-treat — or stay home



Wind-down & pajamas

Cut-out choice cards

Cut the cards below apart. Hand them to your person so they can make a choice without needing words.

- 🍬 Trick-or-treat
- 🏡 Stay home
- 🧛 Costume on
- ✋ All done

📝 My Halloween plan

My costume:

_____

One thing I want to do:

_____

One thing I can skip if it gets too big:

_____

It is okay to skip Halloween entirely. A quiet evening at home with a favorite bin counts too.

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