

Sense-Ability

When God created us, He made us both body and soul, meaning we are both physical and spiritual beings. We are not like angels that are just spirits. For this reason, when we use our bodies to help us learn, our spirits are changed as well! Have you played with a sensory bin before?

A sensory bin is a small tub or table filled with items that you can touch, smell, taste or make noise with. They typically include items that are all about a particular theme. When we use our senses to help us learn something, it helps our brain to recall the information better.



Help St. Milburga feed the birds!

St. Milburga was a princess in England and lived in the late seventh century. She came from a family of saints - two of her sisters also became saints and two of her uncles were Christian martyrs. She served as abbess over a community in Wenlock that included both monks and nuns. During her life, she was known to have an extraordinary power and authority with birds.

One famous story describes that during one harvest season, a particularly large and aggressive flock of geese were consuming the corn the farmers had worked so hard to grow. The farmers tried everything to deter them and send them away, but had no success. They turned to their abbess, St. Milburga, for help! She began to pray and the geese immediately left the fields and flew away. For this reason, she is named as a patron saint of birds.



For our sensory bin today, you will need:

- Bird(s) printed out on cardstock (laminated if desired)
- Clothespin(s) (one for each bird you print)
- Hot glue
- Bendy straws
- Birdseed
- Bowls and scoops

Optional- print "recipe cards" provided below:

- First, print (and laminate if you desire) the bird images; One for each child playing with the sensory bin. A parent should use hot glue to secure the clothespins to the back of the bird so that it forms a working "beak" for the bird. Lay the clothespin on its side so that the pinching mechanism still works.
- Next, cut just the bendy part out of each straw so that you have a pile of "wiggly worms" for the birds to "eat." Place the worms and bird seed in large bowls. Now it's time to feed the birds! Use their clothespin "beak" to pick up worms and peck at the bird seed. You can use the "recipe" cards provided to practice counting and scooping skills as well.



Scan to download the printable cards here

