

# 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.

## TRINITY

Any attempt to describe or create an analogy for the Trinity will fall short of the Mystery of God, who is One and yet Three Divine Persons. However, to bring this concept to our youngest children, we can point out that the Trinity is an eternal exchange of love: Father, Son and Holy Spirit. God has destined for us to share in that exchange. For this month's sensory bin, we will focus on the fact that God is Love and experiencing this Love makes our own hearts grow larger as well. When we love God, we in turn are able to love others as He loves us.

### Supplies:

- Ⓢ Heart shaped compressed facial sponges  
(available on amazon)
- Ⓢ Water
- Ⓢ Food coloring
- Ⓢ Water droppers

### Instructions:

The sponges arrive tightly packed and very thin. Once they are exposed to water, they puff up and grow much larger. Give your children a stack of compressed sponges as well as cups of colored water and droppers. Allow them to squirt the water onto the sponges as they play and watch the results! With different colors of water, they can also experiment with color mixtures, all while learning about God's love!

