

Sensory bottles

Sensory bottles can be a useful calming tool for children with sensory needs and kids that need help with self-regulation skills. Homemade Sensory bottles can also provide a way for children and adults of all ages to engage in portable no mess "safe" sensory play. They are engaging and really easy to make!



You will need:

- 1) Any clear plastic bottle with a lid
- 2) Water
- 3) Items to put inside



Ideas for items: You can actually put anything you like in a sensory bottle. You can put pom poms, glitter, food colouring, threading beads, dry food (e.g. rice, corn-seeds, chickpeas etc.), cotton, little toys, elastic bands, buttons, sticks, leaves, stones etc. Add the items you like, fill the bottle with water, put the lid on and start shaking the bottle. Watch how the objects move into the water and how the colours blend.

Have fun!

