

## Make your own Sensory Bottles:

Sensory bottles provide good opportunities for hand eye coordination and can also be a great calming activity. They can easily be made from any plastic bottle that is suitable for your young person to hold.

Here are a few ideas with instructions.

### Glitter Bottle:

#### You will need:

Plastic bottle

$\frac{1}{2}$  cup of glitter glue

- 300ml warm water

- Extra glitter and sparkles



#### How to make the bottle:

- ✚ Whisk the water and glitter glue in a jug
- ✚ Add extra glitter and sparkles.
- ✚ Add mixture to the bottle and super glue on the lid.

The more glitter glue added the slower the glitter will move to the bottom of the bottle.



### Lava Bottle:

#### You will need:

Plastic bottle

Baby oil

Water

#### How to make the bottle:

- ✚ Mix 50% baby oil, 50% water with a few drop of food colouring.
- ✚ Add all the ingredients to the bottle,
- ✚ Secure the lid, shake it until the colour has mixed with the water.

### Water bead Bottle:

#### You will need:

Plastic bottle

Water beads

- 1½ cups of warm water

#### How to make the bottle:

- + Soak the beads overnight in water.
- + Fill the bottle with the soaked water beads.
- + Add water as required to fill bottle
- + Secure the lid



### Floating buttons bottle.

#### You will need:

Plastic bottle

Glucose syrup

Buttons in a range of shapes, sizes and colours.

#### How to make the bottle:

- + Add warm water and glucose to the bottle and shake until combined.
- + Add the buttons and observe.
- + If the buttons fall too quickly add more glucose to the water.
- + Continue until the buttons suspend.
- + Secure the lid



### Rainbow Rice Bottle

#### You will need:

Plastic bottle

Uncooked rice

Food colouring

#### How to make the bottle:

- + Mix rice with different food colouring and leave to dry
- + Fill the bottle
- + Secure the lid



## Rain stick Musical Bottle

### You will need:

Plastic bottle

Uncooked rice

Sticks and twigs

### How to make the bottle:

- ✚ First need to go on a nature hunt for some sticks and twigs.
- ✚ Fill the bottle with sticks and twigs
- ✚ Add 5 - 10 teaspoons of rice the sticks
- ✚ Secure the lid



You could try experimenting with different things like pasta, small stones, and paperclips etc. to make musical bottles.

There is also a live streaming of sensory massage stories each Tuesday and Thursday

<http://www.thesensoryprojects.co.uk/covid19-resources> click onto the 4<sup>th</sup> link, it's very good.

Have fun

Pam

