



Early Years
Key Worker

Early Years Inclusion Team



sensory bottles



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What you need:

Plastic bottles
Baby oil
Glitter, sequins, pom poms, buttons, gems etc
Water
Super glue

** Let your imagination run wild with what you pop in these bottles –Just be prepared that you need to super glue the lids onto these bottles so you're not likely to get back whatever you put in them.

** also with the glitter, the 'bigger' the glitter the better – really fine glitter just ends up looking cloudy in the bottles.

What to do:

Half fill your bottle with water and then add in your glitter, sequins, pom poms or whatever you choose. Put in about a tablespoon of baby oil and then add more water {but don't fill to the top just yet!}
Pop the lid on and give it a shake.

The baby oil is there to help things swirl around and settle back down a little slower than it would in just plain water so decide if that's enough of you'd like to put a little more in.

Once you're happy with it, top up all the way with water.

Put some superglue in and around the edge of the bottle lid and then twist it onto the bottle nice and tight. Leave to set for a little while and your bottle should be ready!