

Sensory Bottles

Calming Slow Sensory Bottle

Ingredients

Clear hair gel

Warm water

2 Lego bricks

Fine Glitter

Method

1. Combine 1-part hair gel to 6 parts warm water let it cool.
2. Pour gel/water into bottle.
3. Add a little fine glitter and lego bricks.
4. Remove air bubbles & fill the bottle right to the top.
5. Place lid on and shake.
6. Glue or tape lid.

Rain- stick Sensory Bottle

Ingredients

Coloured plastic straws

$\frac{1}{2}$ cup of rice

Method

1. Cut straws & half fill the bottle
2. Add rice
3. Fill the bottle with straws to top.
4. Place lid on and either glue it or tape it closed.

Scented Sensory Bottle

Ingredients

1 cup of rice

Food colouring

Essential oil (lavender)

12-15 Pastel coloured plastic straws

Method

1. Pour rice in ziploc bag
2. Add food colouring
3. Add essential oil
4. Empty rice on a tray & allow to dry
5. Use a pin to create tiny holes around the bottle
6. Fill bottle with straws & rice. Secure lid.

Colour Mix Sensory Bottles

Ingredients

Water

Food colouring

Baby Oil

Candy colouring/ oil-based paint

Method

1. Half fill 3 bottles with water.
2. Add Blue (bottle 1), Red (2) & Yellow (3) of food colouring. Mix
3. Fill the bottles with baby oil.
4. Add candy colouring/paint & mix. Shake & watch it settle.

Sea-side Sensory Bottle

Ingredients

Blue food colouring
Small gemstones
1 tblsp Silver glitter
Small seashells
Silver sequence stars

Method

1. Add the seashells & gemstones to the bottle
2. Fill the bottle $\frac{3}{4}$ full
3. Add a few drops of food colouring
4. Add glitter & stars
5. Secure lid

Mermaid Sensory Bottle

Ingredients

Boiling water & jug & whisk
2 oz Blue Glitter glue/ clear glue
Big Blue & green glitter
Fine Blue & green glitter
Blue Food colouring

Method

1. Pour 1 $\frac{1}{2}$ cups of boiling water to measuring jug.
2. Add & mix 2 oz of clear glue
3. Add all the glitter & colouring
4. Whisk & add to bottle
5. Secure lid.

Winter Sensory Bottle

Ingredients

Blue glitter glue
Snowflake confetti

Method

1. Fill bottle $\frac{3}{4}$ full with water
2. Add blue glitter glue
3. Add confetti
4. Shake & secure lid

Magnetic Sensory Bottle

Ingredients

Paper clips
Screws/ nuts & small bolts
Small amount of magnetic sand
Baby oil
Large magnet wand

Method

1. Drop screws/nuts etc in bottle
2. Fill with baby oil
3. Secure lid

Magic Bead Sensory Bottle

Ingredients

20 Hamma beads
Clear soft hand Soap

Method

1. Pour soap into bottle
2. Add beads
3. Secure lid

Water Bead Sensory Bottles

Ingredients

Coloured water beads
Water

Method

1. Follow water beads instructions
2. Add water & beads to bottle. Secure lid.

Nebula Sensory Jar

Ingredients

Small Jars
Silver glitter
Cotton wool balls
Various Food colouring
Spoon

Method

1. Pour small amount of water in jar add 1 colour of food colouring. Full cotton wool balls out and place in coloured water until it soaks up most of the water.
2. Add glitter and mix, add 2nd coloured water, then add more cotton wool balls.
3. Then add more glitter and then mix up another colour, add more cotton wool balls and push down with spoon, until all cotton wool is soaking up colour, continue doing this process until jar is full.

Nebula Jars

