

# Sensory Bottles

## What you will need

Empty plastic bottles  
Variety of different fillings: glitter, pom poms, beads, rice etc.  
These can be anything that you like, however, try and think about the sound the items will make in the bottles or the way that they look. You want to engage as many of your child's senses as possible.



## Bottle Idea 1

Half-fill the bottle with water and then added in the beads. That way they still make a sound when you shake the bottle but can still see how the beads float too.

## Bottle Idea 2

Fill with pom poms. They don't make a sound at all when you shake the bottle and they appear to float around. Some even stuck to the side of the bottle due to the static.



## Bottle Idea 3

In complete contrast to the pom poms, fill bottle with marbles/ rice/ pasta. These make LOTS of noise and your child will really enjoy shaking and rolling the bottle along the floor.

## Bottle Idea 4

A bit like a snow globe. Place water, food colouring and glitter inside. This is a nice one because it can be quite calming for your children to sit and watch the glitter slowly settle after they shake it up. A welcome relief after the noisy marbles!

## The benefits of sensory bottles:

Your child will be able to explore these using all their senses.

They can also help calm and soothe when children are anxious or upset.

They can begin to tune in to different sounds by comparing them- for example-loud and quiet sounds, or if they can say what is making the sound without looking

They can compare heavy and light.