

Pasta Sensory Bottle

What you will need –

- Empty plastic bottles
- Pasta for putting inside the bottle
- Glitter, pom poms, ribbons – anything else you might want to add with the pasta



You can use the pasta from the DIY Pasta Tuff Tray activity.

Method:

1. Take your empty bottle and fill with pasta leaving a quarter empty
2. Add materials of choice - glitter and pom poms
3. You can also add water or oil to this, or leave dry
4. Shake well and observe cause and effect

Benefits:

- Sensory bottles can have a calming effect, when observing materials floating slowly around, can encourage breathing to slow down and offers time to self-regulate emotions.
- They offer a visually stimulating experience.
- If rolled along the floor can encourage crawling and grasping developing gross motor skills.

- Developing hand and eye coordination when shaking the bottle and watching the contents move.
- Joint engagement if making together with your child.
- Language development discussing the objects, the way in which the materials move around in the bottle.

Incorporate Learning Activities

- **Colour Sorting:** Sort the Pasta by colour, reinforcing their understanding of colour recognition.
- **Counting and Math:** Count the number of Pasta in each colour section or create patterns and sequences.
- **Shape Sorting:** Sort the Pasta by shape to reinforce understanding of shapes.

