

# Winter Sensory Bottles

## What you will need –

- Clear water bottle
- Warm water
- Clear glue
- Glitter
- Mini pom poms (blue and white)
- Sequins (blue and white)
- Blue food colouring
- Pine or eucalyptus oil



## Method:

1. Clean and take the label off your clear bottle
2. Fill the water bottle 1/2 way up with warm water
3. Add in a bottle of clear glue
4. Add in any materials, pom poms, glitter sequins, food colouring
5. You can make 3 of the same bottles or 3 different bottles

## Benefits:

- Sensory bottles can have a calming effect - when observing materials floating slowly, 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, grasping, and developing gross motor skills.
- Developing hand and eye coordination when shaking the bottle and watching the contents float and move slowly around.