



Sensory Bottle

Using a sensory bottle can be an effective calming strategy for children. Listed below are the materials needed, and instructions for, assembling a sensory bottle.

Materials:

- A clean, empty water/soft drink bottle (with the label removed)
- Water
- Clear hair gel or glitter glue
- Glue

Choose at least one of the following:

- Food colouring/buttons/glitter/lego/beads/any similar small items of the child's choosing

Instructions:

- Start with an empty bottle and fill half-way with warm water
- Add 1 - 2 drops of food colouring, replace the lid and shake the bottle (optional)
- Add in the child's chosen items (e.g. buttons or lego)
- Squeeze in approximately 20ml clear hair gel or glitter glue (this may vary depending on the size of bottle and the speed at which you would like the your ingredients to move)
- Replace the lid and test out the movement of the ingredients, adding more water to speed up movement or more gel/glitter glue to slow movement
- Once the child is happy with their sensory bottle, use the glue to secure the lid

Examples of Sensory Bottles:



<https://empowersimcoe.ca/news/events/sensory-bottles/>