

You will need water, baby oil and food colouring.



Half fill a plastic bottle with water and add a few drops of blue food colouring.

Top up with baby oil (you can use vegetable oil but the colour will be greener).

Secure the lid firmly. You could add some plastic sea creatures.

Shako from cido to cido for a wave offert.

Calming Glitter Bottle

You will need water, glitter glue, food colouring and glitter.



Half fill a plastic bottle with warm water and add a few drops of food colouring.

Add glitter glue and stir.

Top up with some glitter, try a mixture of textures and colours.



Sequins, beads, buttons, pompoms, water beads, shells, pasta, rice, loom bands, straws, small toys.

Messy Rainbow Foam

You will need plastic container, bowls, water, washing up liquid, food colours and a whisk.



Method - mix together $\frac{1}{4}$ cup of washing up liquid, $\frac{1}{2}$ cup of water and a few drops of food colouring. Use a hand mixer and whisk on medium until fluffy.

Make several bowls in different colours.

