

How to make a sensory bottle.



I will be providing some ideas on how to make items for a sensory box and ideas for sensory/messy play. I will, where possible provide step by step instructions on how to make/prepare resources. A lot of information can be found on the internet and many resources can be items found around the home or can be bought cheaply from the internet or supermarkets. The first thing is a sensory bottle, these are good to make with your children and can be as simple or as complicated as you like. You can do themed bottles such as 'Under the Sea' or 'Weather', but you can just simply, place other things in your child will enjoy.

Step one

Have a clear, empty and clean drinks bottle. You will need to remove any labels to have a good view of inside the bottle.

Step four

Put either glue or tape on the lid to prevent unwanted spillages/openings.

Then your sensory bottle is finished and is ready to enjoy.

Sensory Bottle

Step two

Have your ingredients ready (see list below for examples)

Step three

Empty your chosen ingredients into the bottle (it can be easier to do, if you have a funnel to help) - you should aim to have the bottle around 1/2 to 3/4 full. If you are using water you should put the ingredients in first and then your water.

- There are a lot of ideas on Google (just type in sensory bottle idea) and Youtube. Resources can be bought from supermarkets or Amazon/Ebay.

Examples of ingredients /toys you could use.....

- **Glitter**
- **Pasta**
- **Ribbon**
- **Salt**
- **Water**
- **Spaghetti**
- **Stones**
- **Small toys i.e. Dinosaurs/bricks**
- **Nature walk collection (leaves, sticks etc.)**
- **Cooking Oil**
- **Sequins**
- **Sand**
- **Rice**
- **Food Colouring**
- **Cotton Wool**

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