

HOW TO MAKE A CALMING SENSORY BOTTLE



THE BENEFITS OF SENSORY CALMING BOTTLES

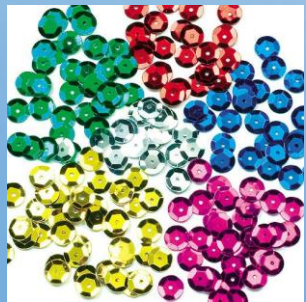
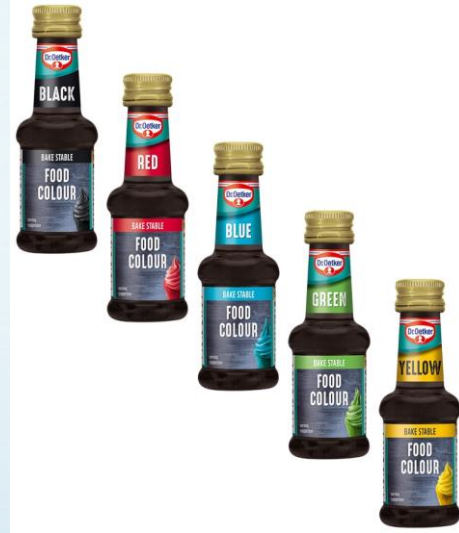
- ✓ SENSORY BOTTLES HELP CHILDREN RELAX AND SOOTHE THEMSELVES BY FOCUSING ON THE MOTION HAPPENING INSIDE THE SENSORY BOTTLE.
- ✓ THEY ARE AN EFFECTIVE AND EASY WAY TO HELP CHILDREN FOCUS ON DEEP BREATHS AND RELAXING AFTER AN ANXIOUS MOMENT OR AN UPSETTING EVENT.
- ✓ THEY ENABLE CHILDREN TO GAIN AND SUSTAIN ATTENTION AND FOCUS.



YOU WILL NEED...

- AN EMPTY, CLEAN TRANSPARENT BOTTLE WITH THE LID.
- WATER
- FOOD COLOURING
- BABY OIL (OR COOKING OIL)
- INTERESTING OBJECTS (THAT WILL FIT THROUGH THE HOLE ON THE TOP OF THE BOTTLE): FOR EXAMPLE - GLITTER, SEQUINS, SMALL WORLD OBJECTS, PLASTIC DICE, PLASTIC CONFETTI, BEADS, POM-POMS, PIPE CLEANERS, SHELLS, LEGO BRICKS, GOOGLIE EYES, SCRABBLE LETTER TILES OR SIMILAR NUMBER TILES (THE POSSIBILITIES ARE ENDLESS)...
- STRONG GLUE (TO SECURELY FASTEN THE LID).





YOU COULD HAVE THEMES ...

- ✓ COLOUR THEMES
- ✓ FLOAT OR SINK
- ✓ NATURAL
- ✓ SEASONAL/FESTIVALS – SPRING, SUMMER, AUTUMN, WINTER, VALENTINES, EASTER, CHRISTMAS, CHINESE NEW YEAR, HALLOWEEN, DIWALI, BIRTHDAYS.
- ✓ MATHS – NUMBERS, SYMBOLS, SHAPES, SIZE, MONEY.
- ✓ ENGLISH – LETTERS, WORDS, PUNCTUATION MARKS, STORY CHARACTERS...



WHAT TO DO...



CAUTION: THIS ACTIVITY MUST BE CARRIED OUT WITH TOTAL ADULT SUPERVISION !

- 1) WASH OUT YOUR BOTTLE.
- 2) ½ FILL WITH WATER, WITH A LITTLE FOOD COLOUR ADDED.
- 3) ½ FILL WITH BABY OIL (APPROX. LEAVE A LITTLE AIR SPACE FROM THE TOP OF THE BOTTLE).
- 4) ADD YOUR CHOSEN ITEMS – GLITTER, LEGO BRICKS, SEQUINS...
- 5) SECURELY GLUE THE LID TO THE TOP OF THE BOTTLE (WAIT TO DRY).

ENJOY YOUR SENSORY CALM BOTTLE. CHECK REGULARLY IN CASE OF WEAR AND TEAR AND DAMAGE!