

Sensory bottles

Rather than recycle them, put some of your empty plastic bottles to good use.

You'll need:

- Some small, empty plastic bottles - make sure they're clean
- Liquids such as water, baby oil, food colouring, paint
- Items such as beads, buttons, glitter, sand, small pebbles, tin foil

Method:

- Use the items above to fill the bottles
- Make sure the lids are on tight and seal them with sticky tape (check them frequently)



LEARN THROUGH PLAY - Sensory bottles

Why not?

- Use beads/buttons in water for colour and movement or without the water for noise?
- Use pieces of tin foil to catch the light?
- Use little coloured pom poms for visual stimulation and colour recognition?
- Use coloured water and baby oil for mixing and separation of liquids?
- Use paint or glitter for colour and interest?

The benefits of this activity:

- It will encourage your child's imagination and creativity



CAUTION:
Close supervision
is needed with
small parts and
water!

