



# SENSORY BOTTLES

## ESSENTIALS

Clear plastic bottles (Voss or Innocent are good options)

Glue gun/ strong glue

Filler (see opposite)

## METHOD

1. Remove labels from the bottles
2. Soak in warm water for at least one hour.
3. Scrub off any remaining stickiness with a sponge or cloth
4. Leave to dry
5. Fill with desired ingredients until 3/4 full
6. Glue along the rim of the bottle lid
7. Quickly screw the lid back on

Check the lid is secure before each use.

## TOPIC IDEAS

Rainbow colours

Weather

Alphabet eye spy

Number eye spy

Name recognition

Farm animals

Zoo animals

Ocean

Butterfly lifecycle

Seasons

Special occasions e.g. Christmas

Music

Nature walk

## FILLER SUGGESTIONS

### FROM THE KITCHEN:

Rice (dyed or plain)

Split peas

Lentils

Chickpeas

Soup Mix

Lima beans

Desiccated coconut

Pasta

Cereal

Oats

Food Colouring

Water (no need to seal)

### FROM THE CRAFT/TOY CUPBOARD:

Pompoms

Sequins/Glitter

Beads

Wooden letters / numbers

Small animal figurines

Chenille sticks

Ribbon

Gift bows

Crafts sticks

Water beads

Buttons

Jingle bells

Mini baubles

### FROM NATURE:

Dried leaves

Dried or fresh flowers

Pebbles

Sticks

Sand

Shells

ALL UNCOOKED!

