



DIY SENSORY BOTTLES

Engage your #students in a calming and creative #classroom activity with DIY #sensory bottles! This fun, hands-on project allows students to design their own soothing bottles filled with colorful liquids, glitter, beads, or even small toys. As they shake, roll, or turn the bottles, they'll be mesmerized by the swirling, shimmering effects inside. Sensory bottles are not only a fantastic way to foster relaxation and focus, but they also promote creativity, fine motor skills, and sensory exploration. Perfect for indoor #play, this activity can be customized to fit any theme or learning objective, making it a versatile and enjoyable experience for #all-ages!

What You'll Need:

- CLEAR Glass or plastic bottle (ex: Voss water bottles have a flat lid, are glass, and are a great shape!)
- Steel wool to scrub off water bottle label if needed
- Glitter! Always glitter!
- Beads!
- Clear glue (Elmers works best!)
- Food coloring
- Super glue (to glue the lid on when you're done!)
- Warm Water

Directions:

- Fill bottle 3/4 full with WARM water
- Add 1 and 1/2 bottles of clear glue (Elmers preferably)
- Add glitter and beads!
- Add food coloring of your choice! Or more than one!
- Superglue the lid shut! Add glue to the inside of the lid, attach the lid and screw on tight. let sit for a couple minutes to make sure it is glued shut.

