

How to make your own sensory bottles at home

What you will need:

Empty **PLASTIC** bottle
Food colouring
Baby oil or vegetable oil
Glitter
Sequins (not essential)
Water



Click on the link below for further guidance on how to make your own sensory bottles:

<https://www.youtube.com/watch?v=D7zp7KbxbKY>

The benefits of sensory bottles

- For babies, they explore this new world through their senses. This does not mean only exploring through touch but sight, smell, hearing and taste as well.
- Sensory bottles are also good to distract babies during tummy time :)
- When making the sensory or calm down bottles, children improve their fine motor development by grasping and picking up the small objects and placing them into the bottle.
- Calm down bottles, often made with a water and glitter mixture, serve a different purpose. Calm down bottles help young children relax and soothe themselves by focusing on the motion happening inside the calm down bottle. They are an effective and easy way to help children focus on deep breaths and relaxing after a temper tantrum or an upsetting event. It gives the child something to focus on externally to help them calm down.
- Sensory bottles are also a fun way to introduce math and science to your children at an early age. They can practice measuring supplies and objects to go into the bottle as well as guessing how much supplies they might need for their bottle.