

# Making a sensory (visi or swishy) bottle

## What you will need:

- \* Small clear plastic bottles with lids
- \* strong tape /glue ~ food colouring ~ cooking oil ~ water
- \* small bits and pieces like glitter, dry pasta or rice, fabric, shiny paper, foam or plastic mini-toys or shapes, etc or outdoor things e.g. conkers, acorns, leaves, seeds



## What to do:

### 1. Sensory/ Visi-bottle:

- Two-thirds fill an empty plastic bottle with any small pieces that you have collected.

### 2. Sensory/ Swishy bottle (with water):

- Fill a bottle about two-thirds with water.
- Add a couple of drops of food colouring.
- Add a few drops of oil to make the objects move more slowly.
- Add items to move around (e.g. beads, glitter, plastic toys, buttons)



### 3. Secure the lids with strong tape and/or glue.

### 4. Let your child explore - watching, shaking, listening, rolling the bottle.

They can be exciting to watch or listen to, but can also help children calm down if they've been over-stimulated.

## You'll be helping your baby or child:

- ◇ look and think about what they can see and hear,
- ◇ understand that they can make things happen, as they shake or roll their bottle,
- ◇ relax and calm down.

