

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



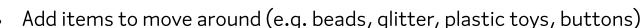
What to do:

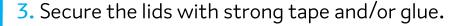
1. Sensory/ Visi-bottle:

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.





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,
- o understand that they can make things happen, as they shake or roll their bottle,
- v relax and calm down.





Find more things to do at home:











