Sensory Bottles

Materials:

* 1 empty plastic bottle (younger children) empty jar (older children).
* Water
* Washin up liquid, or Cooking oil and food colouring, or
* Light corn syrup or clear shampoo or hair gel and small decorative items (such as sequins, buttons, or foil shapes)

*Sensory bottles tend to have a very calming effect.*

*It is lovely to shake them and roll them and watch the contents swirl around.*

1. Choose whether you would like to make a bubble bottle, wave bottle, or slow-motion bottle.
2. For a bubble bottle, fill the bottle 3/4 of the way with water. Add 2 tablespoons dish soap.
3. For a wave bottle, fill the bottle 3/4 of the way with water. Add 2 tablespoons cooking oil and a few drops of food colouring.
4. For a slow-motion bottle, fill the bottle with corn syrup, shampoo, or hair gel. Add the small decorative items of your choice.
5. Be sure to seal the bottles so that they do not leak and small children do not have access to small parts that they can choke on.