

WHAT IS A SENSORY BOTTLE?

You can find many versions of sensory bottles online. So what is a sensory bottle? They are tools to calm down and encourage self-regulation. Sensory bottles are a visual and physical tool for calming and relaxing the body. A child (or adult!) can use a sensory bottle when they feel anxious, overwhelmed, "wound-up", or overstimulated and use the sense of proprioception as they shake the sensory bottle and watch the contents shift. This visual cue is a great calming strategy for many children.

HOW TO MAKE A SENSORY BOTTLE:

Sensory bottles are so easy to create. The possibilities are endless when it comes to additions. Grab a few plastic bottles, glue to secure the lid), and a few of these items:

To make a liquid sensory bottle add:

water
baby oil
glue
cooking oil
hair gel

Add pieces to the liquid base:

toys
nature (acorns/leaves/flowers/sticks/rocks...)
beads
feathers
glitter
paper clips
pipe cleaners
crafting pom poms

Or make a dry sensory bottle by pouring in:

rice
dry pasta
colored sand
quinoa
beans
split peas
toys
bath salts
sand
feathers
beads
paper

Adding a learning component by dropping in:

Letters
Numbers
Sight Words

You can use items like foam letters and numbers, dominoes, foam craft sheets, or magnets.

