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| mhy3q4ba[1]**BRINGING OUT THE BEST** | SENSORY•BOTTLES |
| *Sensory bottles provide a healthy way for young children to calm down when they are upset. Plus, they are really fun to make with your child. Place in an area where you spend a lot of time, so it’s always handy. When your child is upset, encourage them to shake the bottle and watch the contents as they fall to the bottom of the bottle. Guide them to take long, deep breaths as they watch. Here are some different types you can try:*1. Sensory Bottle* ½ baby oil
* ½ water
* Glitter
* Food coloring
* Shake well. Hot glue top securely.

2. Calming Bottle* warm water (leave about ½ inch empty at the top)
* glitter glue (from the dollar store, use about ¾ of 3 oz. bottle)
* glitter
* rhinestones or confetti (optional)
* Shake vigorously to break up glue clumps. Hot glue top securely.

3. Hurricane Bottle* some soap that contains Glycol Stearate (we use Softsoap brand)
* water
* food coloring (1-2 drops)
* Fill 1/3 of bottle with soap. Fill up the rest of the bottle with water and keep the water running until all the bubbles overflow and are gone. Add food coloring. Shake. Hot glue top securely.

4. Goo Bottle* Hair gel (from the dollar store)
* Water
* Glitter (optional)
* Sequins and/or confetti
* Put enough hair gel in the bottle to cover the bottom. Add water, glitter, and sequins. Shake. Hot glue top securely.
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