

Sensory Bottle

Crafts |

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WHAT MAKES IT MEANINGFUL

The process of creating the bottle will be exciting. The finished product will promote relaxation.

TIME

10-15 minutes.

MATERIALS

- Empty water bottle- with lid (label removed) or a bottle- with lid from the (dollar store \$2-3)
- Water beads (dollar store \$2-3)
- Cooking oil (typical household item)
- Food Colour of choice *optional
- Multi coloured glitter (dollar store \$2-3)

**baby oil could be used as well



Sensory Bottle

INSTRUCTIONS

- 1 Fill half the bottle with water.
 2. Add in drops food colouring of choice. This is optional - drops determined by desired colour. Shake well.
 3. Then a few water beads, about 10-15 or so. This can vary depending on the size of the bottle
 4. Then add the glitter.
 5. Then fill the bottle with oil.
 5. Seal the bottle with lid and shake!
- * Glue can be used on the lid for extra security

RESOURCES

[How to Make Colour Mixing Sensory Bottles](#)

[DIY Sensory Bottles Children's Activity](#)

SUPPORTS NEEDED

Supports may vary, based on individual's needs.

OTHER THINGS TO NOTE:

- Art supplies are covered under Passport, due to temporary eligibility.
- Other items of choice could be added to the bottle. Items such as buttons, colourful cotton balls, colourful straw pieces, etc.
- Sensory bottle can be made with just water as well.