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Activities at Home

DIY Sensory Bottle

Need a rest from what you're working on? Take a visual sensory break with this easy DIY sensory bottle you can make at home:

Materials:

- empty plastic water bottle (16.9, 12, or 8 ounces)
- clear glue
- water (room temperature)
- food coloring
- glitter
- super glue or a glue gun



Directions:

1. Fill the water bottle with water that's at room temperature to help the glue settle when you add it.
2. Add food coloring.
3. Add approximately ½ a bottle of clear glue; the more glue you add the slower the glitter settles.
4. Add glitter – go ahead and add a lot! 😊
5. Use super glue or a glue gun to glue the cap back on the bottle.
6. Shake the bottle for a while so that the glue, water, food coloring, and glitter mix well.

www.littlebinsforlittlehands.com/glitter-bottle-calm-sensory-tool-anxiet-relief/

