

Make your own Sensory Bottles

Rain Bottles

Rain bottles use the calming effect of the sound of rain to sooth your troubles away, and can be made from a huge array of household items such as dried rice, beads or buttons. Just add your chosen objects to fill around half of your container, secure the lid and be transported by the soothing sounds.

Why not include a nature scavenger hunt or trail in your quest to find items for your rain bottle? You will love hunting for twigs, cones and small stones - and you can add in bird seed and nuts for effect too. Fill the cylinder with twigs and sticks, and then carefully pour in your smaller items (uncooked rice or beans, sand, seeds, pebbles). Secure the lid and then slowly tip the rain bottle from one end to the other to hear the 'rain' sounds inside.



Slow Motion Sensory Bottles

These sensory bottles are a fabulous tool to use when feeling big emotions. They can regulate your breathing as you watch items move slowly around.

To make this, you will need:

- Clear hair gel
 - Warm water
 - A tall bottle
 - LEGO bricks
 - Fine glitter
 - Glue or tape to secure lid (optional)
1. Combine one part hair gel to 6 parts warm water. Leave to cool completely and settle.
 2. Pour most of the gel/water mix into the bottle.
 3. Add a little fine glitter and your LEGO bricks. Push the bricks below the surface to remove any air bubbles.
 4. Fill the bottle right to the very top with the remaining mixture.
 5. Put on the lid, shake vigorously and test your bottle. If the bricks fall too slowly, empty the mixture back into a bowl and add a little more warm water. Let cool again and re-test. If the bricks fall too quickly, mix in a little more hair gel. Let settle and re-test.

Once you are happy with the flow of your sensory bottle, secure the lid. The great thing about these slow motion sensory bottles is that you can swap the LEGO bricks for anything you choose.



Ocean Sensory Bottle

To recreate the calming feeling of being in the ocean and enjoying the waves, you can make an ocean-themed sensory bottle.

To make this, you will need:

- One lightweight plastic bottle
- Water
- Clear glue (or blue glitter glue)
- Blue water-based food colouring (if you used clear glue)
- Clear, plastic gemstones (alternatively, you could use clear or coloured glass pebbles or even clean beach sand)
- Silver glitter
- Small sea shells
- Silver star sequins

1. Add some water to the bottle and squeeze in some glue. Shake to mix and then add the gemstones, glitter, sequins, sea shells and a drop or two of blue food colouring if you have used clear glue.
2. Fill the rest of the bottle with water. Secure the lid tightly.



Please note that the sensory bottles may take a few hours to go totally clear.