

# ONLINE AT THE Y

Learn, create, do something new by learning with the Y from your home

## Sensory Bottles

Recommended for all age groups

### Resources/Ingredients:

- A clean, empty plastic water bottle with the label removed
- Superglue (or a hot glue gun)
- Warm water
- Glitter
- Food colouring
- A funnel
- Oil

**Instructions:** This sparkly sensory bottle is easy to make. It provides some visual calm for kids when they shake it or turn it around in their hands. Plus, it can be tailored to a child's interests to make it more appealing e.g. if your child loves the ocean, you can use blue food colouring, blue glitter, and confetti shaped like fish.

1. Pour enough oil into an empty water bottle to fill one-third of the bottle
2. Add warm water until it's about three-quarters full.
3. Next, add a few drops of food colouring and sprinkle in some glitter.
4. Put the lid on the water bottle and shake to mix the ingredients.
5. Once you're satisfied with how it looks, fill the bottle to the top with water. Put the lid back on and secure it with superglue or hot glue.

