

How to Make a Sensory Bottle

FOSTER
VILLAGE

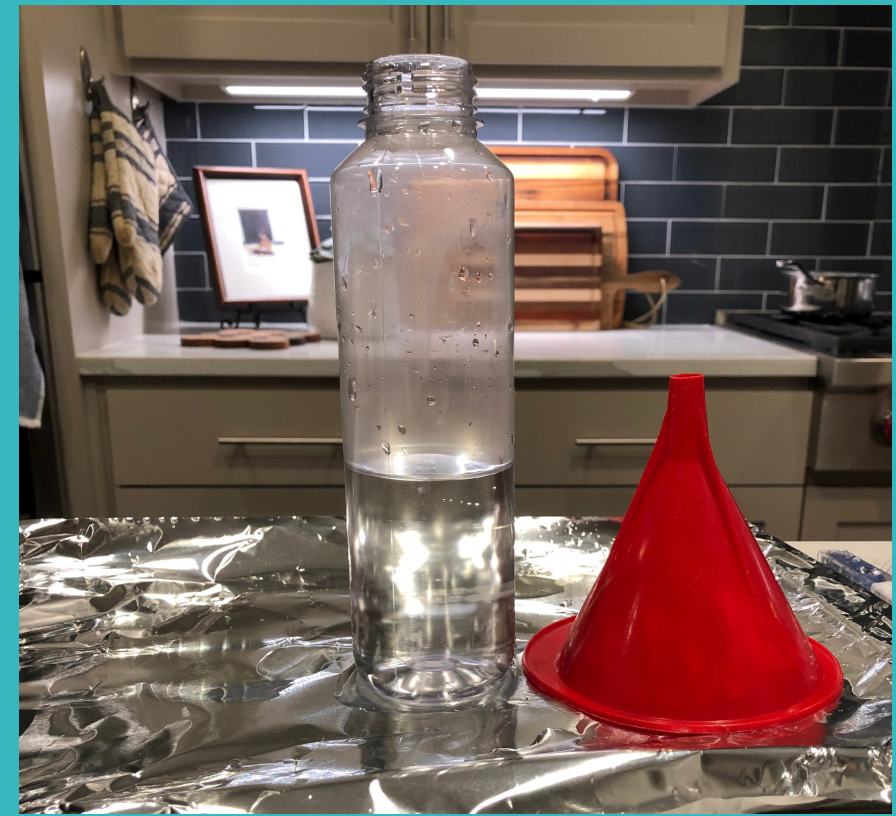
STEP 1

Get a simple plastic water bottle and remove all of the labels



STEP 2

Fill your bottle about 1/3 full of warm water



STEP 3

Add 2 oz (about 1/2 a bottle) of clear tacky glue to your bottle, screw the lid on, and shake to mix glue with warm water

STEP 4

Add glitter of varying colors and sizes to your bottle and shake up. Add optional items like marbles, legos, sequins, etc. during this step

STEP 5

Pour in a generous glob of glycerin to the bottle, then fill the rest of the bottle up with warm water, leaving enough room for everything to move around. Seal the bottle and shake, and if you like the bottle, seal the lid with superglue to avoid accidents. Use the bottle as a sensory toy or calm-down tool by having your little one watch the glitter fall!



Enjoy!