

Sensory bottle

Sensory bottles are a great way to promote relaxation and can help to calm breathing and regulate emotions. Shake the bottle and watch the glitter float around as it settles to the bottom. Notice how your breathing slows and calm spreads through you.

You will need

- a clear bottle
- warm water
- food colouring
- glitter glue
- loose glitter

Let's get creative

Add warm water to your bottle until it reaches a third of the way up.

Add in approximately 1 tablespoon of glitter glue, and stir until it has combined with the water.

Add three drops of food colouring and stir. The more you add, the darker it will be.

Pour in your desired amount of glitter. You can go for a mix of fine and chunky glitter, and even add loose sequins!

Top your bottle up with warm water, leaving a small gap to allow the mixture to move.

Secure the lid - you can glue it for more security.

You're ready to use your sensory bottle!

