

How to make cheap/easy resources

Sensory bottles

Loom Band Sensory Bottles



To make your loom band sensory bottle you will need:

1. A few handfuls of loom bands in whatever colours you have available. These can be bought cheaply in pound shops or toy shops if you don't have any
2. Large empty water bottle. We use Voss, since I love their clean shape and design.
3. A few drops of glycerin
4. Water

How to make your loom band sensory bottle

Just drop each item into the bottle: loom bands first, then water, then glycerin. The quantity of glycerin is up to you, it just serves to slow down the motion of the loom bands in the water. If you don't have any, feel free to miss it out. The sensory bottle will still work, but your loom bands will move a little freer and faster.

**If you have a young baby and are worried about them getting into the bottle and into the loom bands, then glue the lid on with a hot glue gun**

Discovery Bottles



1. Water with brightly coloured Hama beads (pony beads are similar in the US) for noise, colour and movement
2. Ripped pieces of tin foil for gentle, slow movement and reflection of light
3. Red water mixed with 1cm of vegetable/ baby oil, for mixing and separation of liquids
4. Brightly coloured, twisted pipe cleaners for visual interest
5. Blue water and a variety of sea shells for gentle sounds and interesting objects to examine



6. Water, plastic crystals and a large amount of silver glitter for noise and beautiful movement

7. Yellow water with a large squirt of washing up liquid (dish soap in US) for shaking and creating bubbles and froth

8. Mixture of pom poms in various colours and sizes, for visual stimulation and early maths concepts

9. Coloured, shaped buttons for fabulous noise and exciting colours

10. (not pictured) Multi-coloured dry rice for fabulous shaky noise!

**Once the ingredients are inside the bottle, seal it shut with a glue gun or extremely strong sealant. Obviously don't use these around an inquisitive toddler who can unscrew caps, if they can't be secured.**

### **Look and Find Sensory Bottle**



*Items required (per bottle):*



- 2 cups of white rice or orzo
- 2 tsp white vinegar
- 1 – 500ml water bottle (empty and dried with label removed)
- Small themed toys or mini erasers
  - food coloring
  - funnel

You will also need a container with a lid, some paper towels and a cookie sheet for use in dyeing the rice or orzo. Glue for the lid is a good idea too.

### **How to make:**

#### **Dye the rice:**

The first thing you need to do is dye the rice or orzo. The process takes about an hour or so to allow complete drying. The longer you allow it to dry, the better. Place 2 cups of orzo or white rice into a container with a tight lid. Pour the vinegar into the rice and then drop 5-15 drops of food coloring into it. The amount you use depends on how dark you want the color. I used ten drops for this craft. As you can see, the rice seemed to absorb more of the color which made it lighter. Then you put the lid on your container and shake it vigorously until the color gets dispersed throughout the rice. Then line a cookie sheet with a paper towel and pour the rice or orzo out onto the towel. Spread out as much as possible and allow to dry.

#### **Fill the bottles:**

Fill the bottle about halfway using a funnel.

Then add 10-15 mini erasers. You can add more or less depending on size and personal preference.



Fill the bottle the rest of the way up, leaving about 1/2" of space to allow for movement. We then glued the lids on and

shook the bottles up.



You can turn this bottle into a game if you use 15 completely different items in the bottle. You then create a list of the things and make it a game to find all of them. So fun!



### Glitter Bottles



What you will need for each bottle:

1. Plastic water bottle
2. 4.5 oz glitter glue
3. Glitter in different sizes (I used large, medium, and fine glitter flakes)
4. 1 cup corn syrup
5. 2 tablespoons Gel Glue
6. 2 cups HOT water
7. Gorilla Glue

Step one:

- Pour the glitter into the bottom of the empty bottle.
- You can use as little or as much as you like, but I like about 3/4 of an inch.
- I tried adding the glitter in different ways and it worked best this way for me.

Step Two:

- Pour the 4.5 oz of glitter glue and 1 cup corn syrup into a mixing bowl.
- Add two cups HOT tap water.
- Whisk it all together.

Step Three:

- While the mixture is still swirling in the mixing bowl, carefully pour it into your water bottle.
- Make sure you fill it all the way to the top so no air remains.
- Shake up your bottle vigorously so all the glitter and liquid get to know one another.

Step Four:

- Let the bottle sit for awhile until all the glitter falls to the bottom.
- If any glitter gets stuck at the top you can use a drop of dish detergent in the water.

## Sensory bags

### Glitter water bags

To make these really cool sensory bags, all you need is some hair gel, zip bags, and food color.

Fill each Ziploc bag with about 1/4 to 1/2 cup of hair gel and added some food color to get the bright colors.

After adding the gel and food color to the bags, we used clear packing tape to seal the top of the bags...

You can add a few trinkets to explore as well.



**Window ziploc painting**



Fill some zip bags with paint, ensure they are tightly sealed and sellotape them to a surface (tape/window) for some fine motor fine

**Find and seek box**



Fill an empty wetwipe box (or lidded box) with different pieces of fabric, encouraging the children to pull them out (and of course put them back after)

**Treasure basket**

