

SPRING SENSORY BOTTLES

ELECT:

2.5 Regulating Attention, Emotions & Behaviour

- focusing attention
- avoiding distraction
- returning attention after checking in or after a distraction
- using effective strategies for self-calming

WHAT YOU NEED:

- an empty transparent bottle with lid (water bottles, spice containers, Mason jar etc.)
- small items that remind you of spring (real or false flowers, spring coloured beads, pom poms.)
- optional* dye your own rice- you will need rice, food colouring and a ziploc baggie
- water
- optional* oil for a different effect
- glitter, glitter glue works well (optional)
- glue gun and glue



WHAT TO DO:

1. put spring-themed items into a clear bottle
2. fill the bottle almost to the top with water, (if using oil, fill 2 thirds with water and the rest with oil. Baby oil works best only because it is clear; however, vegetable olive and any other cooking oil works as well)
3. heat glue gun and use it to seal the lid onto the bottle to prevent any spills
4. shake bottles to mix all items inside and watch them settle to the bottom
5. you can try;
 - timing how long it takes for all items to settle
 - guess what items you think will settle first and last
 - talk about the why the oil and water separate
 - using these sensory bottles as a self calming tool
6. Add magnetic items such as paper clips and other metal materials and try to collect them using a magnet from the outside*

If using rice for sensory bottle:

1. add rice to a baggie and a few drops of food coloring of your choice.
2. Close the baggie and shake and rub the colouring to mix well with the rice.
3. open the baggie and lay the rice on a flat surface lined with aluminum foil, paper or wax paper to avoid staining your surface and to allow the food colouring to dry.
4. once dried, add coloured rice to your sensory bottle and follow steps 1- 4 above. (water is optional but may cause the colour to leak)