

# A Guide to... DIY Sensory Bottles

Happy New Year! I hope everyone had a fantastic Christmas break! This month's newsletter is focusing on 'DIY Sensory Bottles'. I find that more often than not SEN toys and products are overly priced, therefore I decided to make my own for the Sensory Room at Acorns – here's how I made 9 different sensory bottles for the children to enjoy and explore...

## A little introduction to Sensory Bottles...

Sensory bottles go by many names; discovery bottles, sensory jars, calm down jars, and I am sure many more! No matter the name, they all have one thing in common; sensory bottles are containers that are filled with various materials as a way to encourage non-messy sensory play.



Although sensory play is often referred to and thought to be "Messy Play", it does not always have to be. Many children are easily over stimulated by tactile input or are too young to play with some materials. This is where sensory bottles come in. They allow children to use their senses to make sense of their world, while keeping them safe and keeping clean up to a minimum.



## How to make your own Sensory Bottles...

### What you will need:

- Bottles – you can purchase more sturdy bottles or for a cheap alternative just use plastic water bottles.
- Different materials e.g. looms bands, glitter glue etc.
- Glycerine
- Super glue

\* I bought the 500ml bottles from eBay (please click [here](#) if you would like to purchase them) or ask me at School.\*





# The wonderful World of Sensory Bottles...

## Button Sensory Bottle

- 1 Bottle
- Assorted Buttons
- Water
- Superglue for securing lid

## Loom Band Sensory Bottle

- 1 Bottle
- Colourful Loom Bands
- Water
- Superglue for securing lid
- Glycerine (14ml)
- Glitter (optional)

## Oil (Lava Lamp) Sensory Bottle

- 1 Bottle
- Baby Oil (100ml)
- Water
- Superglue for securing lid
- Food colouring

## Marble Sensory Bottle

- 1 Bottle
- Assorted Marbles
- Water
- Superglue for securing lid

## Glitter Glue Sensory Bottle

- 1 Bottle
- Glitter Glue (1/2 a small bottle)
- Warm Water
- Superglue for securing lid

## Star Sensory Bottle

- 1 Bottle
- Glitter
- Stars
- Water
- Superglue for securing lid



As always thank you for taking you time to read the Sensory Newsletter. If you try anything at home I would love to see, email me at: [sensoryparent@acorns.lancs.sch.uk](mailto:sensoryparent@acorns.lancs.sch.uk) to feature in next month's Newsletter. Many thanks, Jenny (Teaching Assistant) ☺