

STARLIGHT'S SOOTHING SENSORY BOTTLES

YOU WILL NEED:

- A clean, clear plastic bottle
- Water
- Cooking oil
- Glitter or sequins
- Small beads or buttons (optional)
- Food colouring (optional)
- Hot glue gun/PVA glue (optional)



METHOD:

- 1. PREPARE THE BOTTLE:** Make sure the plastic bottle is clean and dry before starting. Ensure you remove any labels!
- 2. ADD THE OIL:** Add around a quarter of cooking oil into the bottle. If you're using food colouring, add a few drops now.
- 3. FILL THE BOTTLE:** Fill the bottle almost to the top with water.
- 4. ADD GLITTER AND DECORATIONS:** Add glitter, sequins, or any small, light objects (like beads or buttons) into the bottle. Get creative!
- 5. SEAL THE BOTTLE:** If desired, use a hot glue gun to secure the lid, ensuring it's tightly sealed to avoid any spills. (If you don't have a glue gun, you could use PVA glue, or make sure the lid is tightly screwed on).
- 6. SHAKE AND EXPLORE:** Once sealed, gently shake the bottle to watch the glitter and decorations swirl and move.



FUN IDEAS TO EXPLORE SENSORY BOTTLES:

DIFFERENT LIQUIDS: Try experimenting with different types of liquids, to change the way the items move inside the bottle.

- **Corn syrup/glycerine** – thickens the liquid to slow down movement
- **Dish soap/shampoo** – bubbly or slow-flowing

THEMES: Create bottles based on themes, such as:

- **Ocean** – blue water, shells, plastic fish
- **Space** – black water, silver glitter, star confetti
- **Rainbow** – multicoloured beads and glitter

SAFETY FIRST:

All activities should be supervised by an adult. Be sure to check materials for wear, breakage, or choking hazards, especially with younger children. Always follow age-appropriate guidance and clean up after play.



Scan the QR code to access further resources

STARLIGHT

TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

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