Science Sensory Play

Sensory Bottles

Pick a sensory bottle or create your own! Sensory bottles can be very calming for children. Shake and watch it change and move!

What you Need:
- Clean, empty bottle (any water bottle, soda bottle, or sport drink bottle will work)
- Hot glue and tape for the top (any tape will work)
- Each bottle has different things inside. Look next to the bottle to see what you need to create it.

Volcano Sensory Bottle - vegetable oil, red food coloring, water
- Fill the bottle halfway with water and add red food coloring
- Fill to the top with vegetable oil
- Glue and tape the lid closed

Ocean Sensory Bottle - baby oil, blue food coloring, water
- Fill the bottle halfway with water and add blue food coloring
- Fill to the top with baby oil
- Glue and tape the lid closed

Bubbles Sensory Bottle - dish soap, food coloring, water
- Fill the bottle ¾ full with water
- Add 2tsp dish soap and food coloring to match the dish soap
- Glue and tape the lid closed

Traditional Sensory Bottle - clear glue, food coloring, water, glitter
- Fill the bottle halfway with water
- Add 1 cup clear glue
- Add food coloring and glitter
- Fill to the top with water
- Glue and tape the lid closed

Tiny Treasures Sensory Bottle - dry beans or rice, tiny toys (Lego people, gems, mini erasers, pom poms, or mini figures)
- Fill ⅓ with dry beans or rice
- Add tiny treasures
- Fill ⅓ with more dry beans or rice
- Add more tiny treasures
- Glue and tape the lid closed

For even more sensory bottle ideas, check out https://pocketofpreschool.com/?s=sensorybottles