

“I feel angry”... let’s make a sensory bottle

What you will need:

- An empty clear bottle
- Sticky-back plastic
- Food colouring
- Water
- Small pictures of your favourite things e.g. Cartoon characters or sports players



How to make a sensory bottle:

Help your child to find pictures of their favourite things and cover in the plastic so they are waterproof.

Cut out the pictures and put them into the bottle.

Fill the bottle with water so the pictures float around. You could add some food colouring to the water to make it look really cool!

Screw the lid on tightly and shake the bottle.

How to use a sensory bottle:

Using a sensory bottle can help your child to calm down. When they get angry they may want to sit with a grown up and see if they can find all of their favourite things in the bottle. Talk to the child and ask them to spot all of their pictures as they float around? This may help your child to think of nice things again.