

# Calming Glitter

## Sensory Bottle



### You will need:

Empty jar or bottle	Baby oil
Strong glue	Food colouring
Sticky tape	Eco-glitter
Water	Measuring jug and spoon

### Method

1. Pour baby oil into your sensory bottle so that it is half full.
2. Add eco-glitter on top of the baby oil, so that it covers the surface.
3. Next, in a measuring jug, add water with a few drops of your choice of food colouring and mix thoroughly with a spoon. For a deeper shade of colour, add more drops of food colouring to the water.
4. Carefully pour the coloured water into the sensory bottle, leaving a little space under the top of the bottle for the ingredients to move around.
5. For safety reasons, squeeze glue onto the inside of the bottle top and secure the lid on to the bottle. Allow time for the glue to dry, then add tape around the lid of the bottle.
6. The Calming Glitter Sensory Bottle is now ready for children to discover, explore and play with.

### Play Ideas

- Shake the bottle up and down and watch the glitter move around the bottle. Watch as the glitter, oil and water swirl and separate.
- Hold the bottle up to the light to see the light shine through the bubbles and watch the glitter sparkle. Talk about the colours you can see.
- Investigate what happens when you vigorously shake the bottle (an adult may need to help with this) or when you slowly shake, roll or rotate the bottle.



**Disclaimer:** This resource is provided for informational and educational purposes only. As this resource refers to sensory activities, sometimes including food items/ingredients, you must ensure that an adequate risk assessment is carried out prior to using this resource. This resource is not taste-safe. You must contact a suitably qualified professional if you are unsure. Twinkl is not responsible for the health and safety of your group or environment. Please be aware that learners should be supervised at all times due to potential hazards with handling and exploring sensory objects, particularly young or vulnerable learners. Sensory activities can engage learners in their play and learning, but supervising adults should check for allergens and assess any potential risks before the activity and only proceed if it is safe to do so, for example, even the shallowest amount of water can be extremely dangerous. Learners should wash their hands before and after these activities.