

Sensory Bottles



Calming Glitter

Sensory Bottle

You will need:

Water bottle
Glitter glue
Glitter
Jewels
Glue gun or strong glue

Method

1. Open up your water bottle and pour in water almost up to the top, but leaving enough space for the extra additions.
2. Squeeze the glitter glue into the bottle.
3. Add some loose glitter to the bottle.
4. Next add in the jewels.
5. Secure the lid tightly and give the bottle a shake to loosen up the contents.
6. Glue the lid onto the bottle for safety.
7. Give the bottle a good shake and watch!



Clink Clank

Sensory Bottle

You will need:

Non-transparent plastic bottle with lid
(so that the sound is the main focus of the activity)
Lots of small metal items (screws, nuts, bolts etc.)

Strong glue
Tape (optional)

Method

1. Pour the metal items into the bottle. A nearly-full bottle will have more of a clinky metal sound.
2. Secure the lid with hot glue or superglue. You may also wish to tape around the lid for extra security.
3. As you shake and spin the bottle, listen to the metal clinking and clanking inside.

3 Ingredient Sensory Bottle

You Will Need

Water
Oil
Food colouring
Glue for the lid
Glue gun or strong glue



Method

1. Mix the water and food colouring in a separate container until you get the desired colour.
2. Next, open up your water bottle and pour in baby oil up to half way.
3. Finally add the water to the oil and secure the lid tightly.
4. Glue the lid onto the bottle for safety.
5. Give the bottle a good shake and watch!



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Sensory Bags

Fill a zip-top sandwich bag with any of the following and glue to seal completely!

- Salt
- Drinking straws
- Beads
- Clear hair gel or shampoo
- Water beads
- Buttons
- Leaves
- Glitter and baby oil
- Cereal
- Crisps
- Crumpled paper balls
- Oil and water
- Water and paint

Put no more than 3 cups of any of these fillers in your zip-top bag.



Try taping your bag to the floor to explore with your feet! Or even to the window!

Finger Skills

Indoor Fine Motor Skills Challenge Cards

How many bubbles can you pop with your fingers?



Indoor Fine Motor Skills Challenge Cards

Can you fill the paper with your fingerprints?



Fine Motor Skills

Use your thumbs and fingers to make a playdough meal!

What other foods could you make?



Fine Motor Skills

Use a sand tray and your finger, a feather, pipe cleaner, paint brush or spoon to make patterns, letters, numbers and shapes!

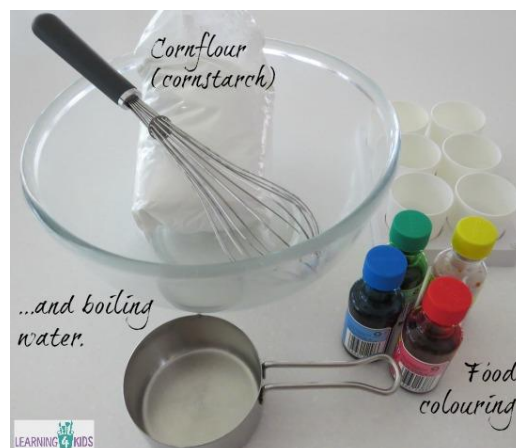


Edible Paint

WHAT YOU WILL NEED?

INGREDIENTS

- 4 Tablespoons of corn flour (corn starch)
- Cold water
- 1 Cup of boiling water
- Liquid food colouring



METHOD:

I have played around with this method a few times and find this process the most successful for me in get a great consistency for the homemade paint.

1. In a medium saucepan, mix the cornflour with enough cold water to make a paste. (Not too runny).
2. Pour in 1 cup of boiling water and stir thoroughly so there are no lumps.
3. Turn on medium heat on the stove and mix. The mixture will start to change and you will notice some clear streaks forming in the mixture. Once you see this, turn off the heat and continue stirring. It will start to thicken and turn into a wonderful, custard-like consistency.
4. Spoon equal amounts into empty jars, cups or containers and add food colouring. Mixing until completely combined. For each colour, we added 3 drops of yellow, green, red and blue. To make orange, we added 1 drop of red and 2 yellow and to make purple, we added 1 drop of blue and 2 red.
5. Store in the fridge covered with cling wrap for up to 2 weeks. This paint recipe does not have any preservative in it, so it is important to check that the paint has not expired before giving it to children.

Tip: If the mixture has harden from being in the fridge, adding a little bit of boiling hot water or leave the paint out for a few hours will return to its smooth consistency.

Salt Dough

Makes 1 ball

Prep 10 minutes

Cook 3 hours

- 1 cupful of plain flour (about 250g)
- half a cupful of table salt (about 125g)
- half a cupful of water (about 125ml)

Method

1. Preheat the oven to its lowest setting and line a baking sheet with baking parchment.
2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
3. Transfer the dough to a floured work surface and shape into your chosen model. You can roll it out and cut out shapes, numbers or letters using biscuit cutters, or make any kind of model you can think of. We made some fruit and veg shapes plus cupcakes for a teddy bear's picnic.
4. Put your finished items on the lined baking sheet and bake for 3 hrs or until solid.
5. Leave to cool and then paint.

