

# Sensory Bottles

Sensory bottles are a lovely way for your baby to explore through play. It helps baby learn and develop in several different ways as they explore new objects. It will help with gross motor movements as they try and reach for and to hold the bottle. It will help with their visual tracking as they focus on new objects and colours whilst they watch them float and move around inside the bottle. Sensory bottles are also very good to use for calming time.



## **You will need:**

Empty plastic bottles (Small ones for babies)

Water

## **Ideas for what to put inside the bottle:**

Glitter, pom poms, beads, Lego or other little toys you have around the house.

Natural objects—stones, pebbles, leaves, sticks and flowers



Fill the empty bottles with the items you have found (make sure you rinse the bottles out first!)

Try and get your little ones to help and get them involved, use conversation, tell them what you are doing and what you are using. You could talk about the colours etc.

**Top tip**—you can make a funnel out of paper to get the smaller, fiddlier items into the bottle!

Once you have put your items into the bottle it is time to fill the bottle with water, I would fill it about 3/4 of the way to allow the objects room to move and float!

Now it's time to play and explore!

