
Calming Sensory Bottle

A sensory bottle can help your child regulate when they are feeling overwhelmed. This visual tool is easy to make at home and your child can make it unique and personalized.

Supplies:

- Empty bottle with cap
- Clear glue
- Glitter
- Sequins
- Small beads
- Water
- Hot glue gun



Instructions:

- Fill an empty bottle with glue 3/4 full
- Add glitter, sequins, small beads, etc.
- Fill the rest of the bottle with water
- Put the cap on and hot glue around the bottom of the cap to seal it