

Calming Sensory Bottle

Age: Preschool-age (3-4 years)

This activity helps your child's development in this domain: Social-Emotional

What You Need:



- Clean, clear plastic bottle (e.g. water bottle)
- Water
- Clear shampoo
- Small lightweight items (small shells, sand, beads, etc.)
- Food coloring (Optional)
- Glitter
- Glue or heavy packing tape

What To Do:

1. Help your child fill the plastic bottle halfway with warm water.
2. Fill the remainder with shampoo, leaving space at the top for lightweight objects.
3. Add one drop of food coloring, glitter and little objects that will float.
4. Glue or tape the cap shut.
5. When your child is having strong emotions and a hard time calming down, have her shake the bottle, watch the floating objects of glitter sink back down to the bottom, and take deep breaths.



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