

Calming Sensory Bottles

Areas of Focus: Sensory Play, Self-Regulation, and Color Recognition

Materials:

- Water Bottle
- Clear Glue
- Water (Room Temperature)
- Food Coloring
- Glitter

How to:

1. Fill water bottle to almost full.
2. Add desired amount of food coloring.
3. Add glue, about 1/3 of the bottle per 16oz. (Note: The more glue you add, the slower the glitter will settle.)
4. Add desired amount of glitter.
5. Close cap and shake for 2 minutes to mix all elements!
 - a. To secure cap, you can choose to glue it closed.

Extra Fun: Practice Color Science: Teach the art of color mixing with food coloring: Red & Blue make Purple! Etc.!

Note: Caps can pose as a choking hazard. Make sure you supervise children while making and playing with bottles!

Source: <https://littlebinsforlittlehands.com/glitter-bottle-calm-sensory-tool-anxiety-relief/>

Water Exploration Sensory Bag

Areas of Focus: Sensory Play & Imagination

Materials:

- Ziploc Bags
- Water (you can also use cheap hair gel for a thicker consistency)
- Duct Tape
- Fillers (Your Choice)

How To:

1. Fill your bag with water or gel; be sure to leave room for filler items. You do not want to over fill the bag.
2. Add fillers. Again, don't over fill the bag!
3. Duct tape the zip lock edge.
4. Seal all edges of the bag with duct tape.

Note: Fillers can pose as choking hazards. Make sure you supervise children while making and playing with bags!

Source: <https://www.practicallyfunctional.com/how-to-make-sensory-bags-babies-toddlers/>

Sensory Texture Exploration

Areas of Focus: Sensory Play & Pattern/Texture Recognition

Materials:

- Variety of textured materials
- Optional:
 - Crayons
 - White Paper

How To:

1. Introduce new textures and materials to your child. Talk to them about what it feels like. Is it smooth? Bumpy? Rough?
2. For older children, ask them what it feels like!
3. Also, for older children, take a sheet of paper and crayon and cover the textured material. Color on the paper, over the textured material; a rubbing of the texture will appear on the paper. This creates a new way to look at textures!

Sensory Walk

Areas of Focus: Sensory Play, Cause and Effect, Colors & Shapes, and Movement

Materials:

- Bubble Wrap
- Masking Tape
- Construction Paper

How To:

1. Cut bubble wrap into desired shapes (this can be a fun way to teach about shapes as well!
2. Cut construction paper to match the bubble wrap shapes.
3. Tape construction paper underneath the bubble wrap.
4. Tape each shape to the floor using masking tape. Around all the edges to make sure it is secure.
5. Show child how to walk or crawl across the path, point out the colors and the shapes. What sounds do they hear?
6. Allow for fun and exploration!

Note: Discourage running on the shapes, as the wrap can become loose and become a slipping hazard. Supervision is required as bubble wrap can pose as choking hazard if ripped or broken apart.