



Glitter Sensory Bottles

Help your child make a sensory bottle to shake and look at when they are sad, worried, or afraid. Take any size empty water bottle with labels removed. Fill the bottle $\frac{3}{4}$ full of warm water. Pour in a small bottle of transparent, liquid glue. Let your child add pinches of their favorite colors of glitter. Superglue the lid back on the water bottle. You can make any number of these using different items that will suspend in the water and glue mixture. When your child is having big feelings, shaking or moving the bottle back and forth, and watching the waves move the glitter or other items can be very calming!



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