

# SENSORY BOTTLES

Look at this stuff isn't it neat? Sensory bottles offer kids a peaceful object to focus on while they self-regulate when they're upset. Give it a shake, watch the glitter swirl, and watch your child calm. Create an ocean themed bottle for a fun soothing ocean you can hold in your hand!



Begin with a water bottle- bottles with wide mouths are ideal. Fill the bottle to 1/4 full.



Add blue food dye.



Add baby oil or mineral oil until the bottle is 3/4 full.



Add glitter for some sparkle! Use paper to make a funnel to reduce mess.



Add other small objects like seashells, or beads. anything with metal will rust, but plastic holds up well!

Regional branches have 3D printers that can add some pizzazz to your bottles.

Use these QR codes to choose an object for your sensory bottle, then bring your code to a regional library branch for printing!



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**Finally, secure the cap with super glue! You don't want this to end up on your carpet! You can add duct tape for extra security.**