

Play to Learn

Sensory Bottles

What ?

Sensory exploration is a child's hands-on way of exploring, discovering, and examining the world around them through touch, smell, sight, taste and sound.

These bottles can also be used as a physical and visual tool for calming the body and helping children regulate their emotions.



Miss Alison's nature inspired sensory bottles

How?

- clean out a clear plastic bottle without a label
- go outside and have your child find materials they'd like to use (parts of flowers, sticks, grass, rocks, etc)
- talk to your child about the items they are using (look at the colours, feel the textures, does it have a scent?)
- put the materials into the bottles and fill with water
- place the lid on and secure with tape or use a hot glue gun
- shake the bottle and sing a song:
*"Oh, shake it baby, shake it.
 Shake it if you can.
 Shake it like a milkshake,
 And do the best you can!"*
- use the bottle as a calming tool that your child can observe and explore when having those big emotions

Why?

- *promotes creativity and imagination
- *encourages self-regulation
- *use of natural materials
- *builds fine and gross motor skills
- *hands-on tactile learning and exploration
- *enhances social and emotional development



Sensory bottles are a great tool for promoting self-regulation. Use with breathing exercises linked on the bee and bubbles!