

25 Activities you can do with a Plastic Bottle



1. Use as **bowling pins**
2. Hang from a tree and **use as a target** (throw at it, kick it, hit it)
3. Fill with colored water or small loose parts and use as a **sensory toy** for young children
4. Use as **cones** in an obstacle course
5. Fill with sand and see who can **toss** it the farthest
6. Fill with beads, rocks, pebbles, etc. and use as a **shaker** to make noise or use in a music parade
7. **Kick** the bottle
8. Use as a “**hot potato**”
9. Try to **toss a large ring** around the water bottle
10. Fill with water or sand and use for **weight lifting** (bicep curls, triceps extensions, etc.)
11. **Jump** over them
12. Cut part of the bottle out and use it as a **shovel** or **scoop**
13. **Balance** on a part of your body and walk around; head, back, foot, etc.
14. **Poke holes** in it and use as a “sprinkler”
15. Take them with you on a nature walk and **fill with natural items** (leaves, sticks, flowers, rocks, etc.)
16. Use a bunch of bottles to build a **water bottle igloo**
17. Use them to make a **water wall**
18. Cut the bottom off and use as **bubble blowers**
19. Use for water or balance **relay games**
20. **Flip the bottle** and see who can make it sit right-side-up
21. **Roll them** to see how far they will roll
22. Use them as the “**baton**” in a relay race
23. **Play catch** with them
24. Jump on the side of the plastic bottle to hear it **crunch** and/or shoot the cap
25. With bigger water bottles, cut the bottom out and use it to **catch small objects**

Adaptations:
Add shiny,
blinking objects
for visual learners.

Add bells, beads,
etc. for auditory
learners.

Note: Be sure to seal the closed lid with glue and/or tape to ensure the lid cannot be removed by young children.



Making Sensory Bottles

Instructions for creating inexpensive, handmade equipment for active children.

Materials

Plastic bottles

Use a variety of shapes and sizes depending on the size, age, and developmental level of the children.

Dry materials

Use a variety of dry materials such as: beads, straws, glitter, very small toys, magnets, pom-poms, feathers, leaves, sand, rice, googly eyes, loom bands, Legos, marbles, buttons, sequins, beans, pasta, sea shells, sticks, seeds, rocks/stones, nuts, bells, and more.

Wet materials

Use a variety of wet materials such as: water, oil (baby or cooking), shampoo, glycerin, hair gel, glue (clear or glitter), and more.

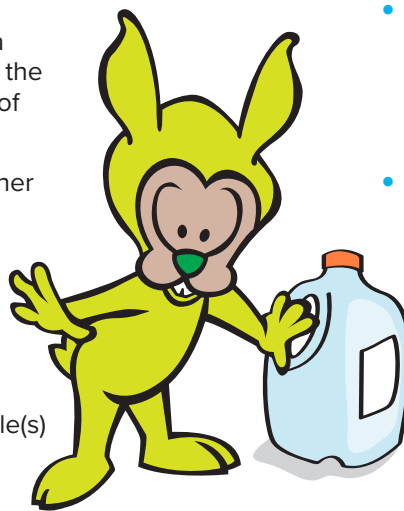
Super glue or hot glue

Directions

- Step 1:** Find any clear, used plastic bottle that has a lid and can be securely closed. Remove the label and adhesive from the bottle.
- Step 2:** Decide if the bottle will be a dry bottle or a liquid bottle. If **dry**, select all the dry materials and put them into the bottle with the larger materials going in first. If **wet**, add any materials first, then add the liquid using a funnel if needed.
- Step 3:** After you have combined all the materials for the perfect sensory bottle, it's time to glue the lid on to keep contents securely inside the bottle. You will likely need to glue the lid to the bottle every few months as the glue may wear off.

Tips

- To create a bottle where elements move slowly, use more dense liquids such as glues, gels, or oils. For a bottle that moves more freely, simply use water and the other materials. Leave a small amount of space (1/3 of bottle) at the top of the bottle when initially filling it.
- Wait for the bottle contents to settle and add any other materials you may want and then put the lid on.
- Only use plastic bottles with screw-on tops. These bottles are less likely to leak.
- Be creative and have fun! Create nature inspired bottles, themed bottles, calming bottles, etc.
- Take the air out of your sensory bottle. Let the bubble(s) rise to the top to make the content move better.
- Avoid combining metal materials with wet materials inside your bottle, as they will rust.



Fundamental Motor Skills:

- Sensory bottles provide wonderful visual and auditory reinforcement for **manipulative skills** such as **throwing, kicking, rolling, and catching**.
- For infants and early movers, sensory bottles can help them move from **reflexive movements** to voluntary movements such as **reaching, grasping, creeping, and crawling**.

Health-related physical fitness:

Varying the weight in your sensory bottles helps children develop **muscular strength** and **endurance** when **lifting, shaking, and moving**.