



**Glide's Guide** on **being active!**

# Sensory Bottles



**Materials:** Plastic containers (water bottles), dry materials (rice, beads, bells), wet material (water, oil, glycerin).

**Age(s):** All

**Directions:** (1) Find clear, used plastic bottle that has a lid that can be securely closed. Remove the label and adhesive from the bottle. (2) If dry, select all the dry materials and put them into the bottle with the larger materials going in first. If wet, add any dry materials first, then add the liquid using a funnel. (3) Glue the lid on to keep contents inside the bottle. You will likely need to reglue the lid to the bottle every few months as the glue may wear off.

**Modification:** Visit [http://www.beactivekids.org/assets/pdf/25\\_Plastic\\_Bottles.pdf](http://www.beactivekids.org/assets/pdf/25_Plastic_Bottles.pdf)

**FAMILY ENGAGEMENT**