



Sensory Bottles

Experience

Lay out a blanket/rug on the floor. On top of the blanket/rug, you can place various sensory bottles for infants to explore. Sensory bottles can be made by filling them with the following;

- Coloured water
- Ice cubes
- Buttons
- Pegs
- Pebbles/rocks/sticks/twigs from garden or park

Note: Ensure lids are screwed on tightly. Super glue lids on if possible to ensure contents do not come out as they can be a choking hazard.

Learning benefits

- Develop eye-hand coordination
- Foster fine motor skills
- Increase sensory awareness (sight, sound, and touch)



5 mins



6 - 12 mths

Materials

Empty bottles
Blanket
Objects

Hints and Tips

Indoors or outdoors

Safety:

Must supervise infants at all times during this experience