

Curriculum Share

DRDP Measure: SED 2: Social and Emotional Understanding - Age Group: Toddler

Calming Sensory Bottles!

These calm down sensory bottles are great because they are easy to make and the kids love them. They can help children learn to regulate their emotions. These bottles will encourage kids to sit down, take a deep breath, and regroup while using them.

Here are four simple 1-ingredient sensory bottles you can make.

1. Water Beads & water
2. Rainbow Loom bands or small hair ties
3. Magnetic bottle: paperclips
4. Pony Beads

Simple Directions: You can use any *water bottle* you like – the Voss plastic water bottles work great. Simply fill the water bottle up with water and add in whatever you'd like: water beads, small bands, paperclips, or small beads.
***Side note :** you can hot glue the lid to the bottle to make sure it doesn't open.

