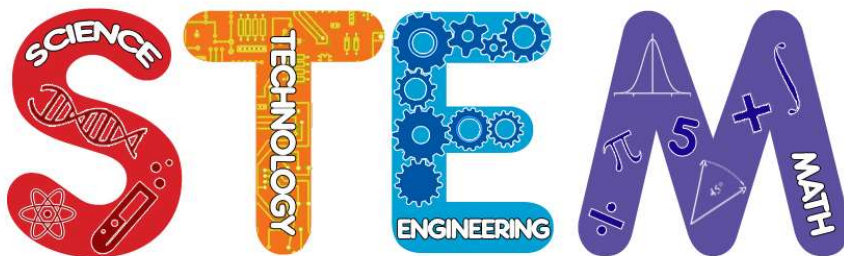


The Beadery[®] Sensory Bottles

Materials Needed:

- Empty clear water bottles
- Various beads, bands, pendants or other small light objects
- Water



Skills Learned:

- Focus / Meditation
- Sorting
- Counting
- Fine Motor Skills / Eye-Hand Coordination
- Primary / Secondary Colors
- Weight / Density



Background:

Sensory bottles can be used by children (or adults) of any age who need a little help calming down, focusing on a task or learning to meditate. Just give the bottle a shake and enjoy the tumbling, swirling motion of the objects floating inside. They are fun and easy to make and everyone can customize their own bottle by filling it with their favorite items.

Prep Work:

1. Add an assortment of small objects to an empty water bottle. We liked the Pop Tabs, pendants, WonderLoom bands and pop beads the best.
2. Fill the bottle with water and close tightly.
3. Shake the bottle to set the objects in motion.
4. If you want the items to fall a little slower, just add some glycerin to the water. The more glycerin you add, the “thicker” the water will become without losing clarity.

Focus / Meditation:

- Shaking the sensory bottle and watching the objects mix and swirl has a very soothing effect. This is great for calming a child down so they can focus on a task or relax.

Sorting / Counting Skills:

- Have your child sort the objects by color, size or shape.
- They can then count each type of object and divide them up if you are making more than one sensory bottle.

Fine Motor / Eye-Hand Coordination Skills:

- After you have decided what objects are being used, have your child place the items one at a time into the bottle.
- Picking up the small pieces and inserting them into the opening of the bottle is great for training of fine motor skills and coordination.

Color Skills:

- This is best done with thin flat pieces like our Novelty Pendants ([1609SV262](#)).
- Sort the primary colors (red, yellow & blue) and place them in separate piles.
- Add two different primary colors to each bottle, fill with water and close tightly.
- Give the bottle a shake and watch primary colors mix to make secondary colors.

red + yellow = orange
yellow + blue = green
red + blue = purple



- Holding the bottle up to a light or window really brings out the colors.

Weight / Density:

- This is for the more advanced kids. Use items with different shapes, sizes and materials.
- Before putting the items into the bottle have the child look at each piece and try to figure out what will happen when shaken.
 - Which items will fall the fastest?
 - Does size affect how fast items fall?
 - Does shape affect how fast items fall?

- **Density** is the amount of material in a specified volume. The denser a material is, the more stuff is compacted into a smaller space. This results in an object feeling heavier than another object that is the same size but made of a less dense material.
 - Most of our beads are made from polystyrene that is slightly more dense than water so they will usually sink. The size, shape and whether there are any air bubbles molded into the plastic will determine how fast it sinks.
 - Our [Pop Beads](#) are made from a different material called low density polyethylene that has a lower density than water so they will float to the top.

Sensory bottles are a fun and relaxing way for smaller children to work on basic STEM concepts such as sorting, counting, colors and coordination while still letting more advanced kids experiment with weight, density and fluid motion. The best thing about these bottles is that when you are done with one, you can just dump it out and fill it again with new objects to see what changes.