

## Lesson Plan

### “Calming Sensory Bottles”

#### Materials

Empty water bottles with lids

Water

Glitter – powder and glue

Gems, sequins, buttons, beads and other small sparkly things

Hair gel, corn syrup, vegetable oil, baby oil or liquid glycerin

#### Instructions

1. Give students empty water bottle to explore.
2. Help students explore the different gems, glitter, sequins, buttons, beads and other small sparkly things that you have laid out to hear the sounds each makes. Spend time choosing colours, shapes. They can choose some to place inside the bottle.
3. Put lid on, and listen to the sounds it makes.
4. Fill bottle part way with a thickener (hair gel, corn syrup, glitter glue, oil, etc).
5. Add water
6. Screw lid on **TIGHT!!!!**
7. Done!!

