

How to:

Make Sensory Bottles

Supplies

- Bottles
- Water
- Oil (Can try baby oil, vegetable oil)
- Food Coloring

Also try

- Adding Glitter, beads, pom poms, bouncy balls, erasers, magnets, etc.
- To slow down the water you can add corn syrup, glue, glitter glue

Directions

1. Fill up bottle up a third of the way with water.
2. Add in food coloring and extras to water (Optional)
3. Add in oil for the remaining 2/3 of the bottle.
4. Super glue/hot glue the cap to the bottle.
5. Enjoy!



How to:

Make a Weighted Lap Animal

Supplies

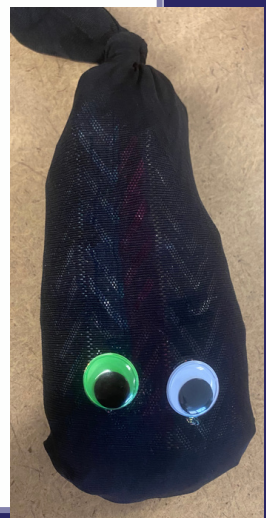
- Pair of tights, preferably colorful
- Rice
- Googly eyes
- Scissors

Also try

- Adding essential oils to the rice!
- Add other decorations
- Tie-dye the tights

Directions

1. Cut off one leg of tights that is near the hip so it resembles a long sock.
2. Fill up the tight with rice, until at a desired length
3. Tie off the end of the tight to secure in the rice.
4. Add googly eyes and decorate lap animal.
5. Enjoy!



How to:

Make a Stressball

Supplies

- Balloon
- Flour
- Funnel

Also try

- Adding in beads or other small objects to feel around in the stress ball.
- Decorating the balloons

Directions

1. Blow up balloon and then let it deflate.
2. Place balloon onto the funnel.
3. Fill balloon up with flour.
4. Remove Funnel
5. Tie off the balloon.
6. Enjoy!

How to:

Do Bubble Mountain

Supplies

- Bowl
- Dish or hand soap
- Straw

Also try

- Adding paint to bowl or cup, blow up bubbles and create cards.
- Working on deep belly breathing before starting.

Directions

1. Fill up the bowl halfway with water.
 2. Add in dish or hand soap.
 3. Put straw into water.
 4. Blow bubbles!
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