

HMM HOT MESS MAMA SENSORY BOTTLES



(from left to right)

1. **Floating Rubber Bands:** In a plastic bottle add colorful plastic mini hair bands and fill bottle with water. Shake and watch the bands dance.
2. **Pipe Cleaners:** In a plastic bottle add colorful pipe cleaners that are cut up into small pieces. Buy a magnet (blue one shown was found at Dollar Tree \$1). Kids can use the magnet to move the pipe cleaners up and down by gliding the magnet along the bottle.
3. **Sea Theme:** In a plastic bottle place some shells, pirate coins, mini anchors in the bottom of a bottle then fill bottle 2/3 full with corn syrup. Then top with more shells etc. Leave some air at the top. The items drop slowly and the air left at the top creates bubbles that help the items move along.
4. **Glitter:** In a plastic bottle add foil confetti shapes and extra fine glitter to the bottom. Fill the bottle with baby oil. The oil slows down the speed of the glitter and suspends it.
5. **Waves:** In a plastic bottle add colored water filling the bottle 2/3 full. Then top with vegetable oil. Tip the bottle from side to side (lengthwise) to watch a simulated wave.
6. **Farm Animals:** In a plastic bottle add plastic farm figurines (or any other figurines) and shredded paper. Play "eye spy" with the kids asking them to find figures and count them etc.

NOTES: Bottles used here are empty plastic VOSS water bottles with labels removed. Filler items are things you probably already have at home or can easily and frugally find at the Dollar Store. Don't forget to seal the tops with superglue when finished. Suggest you let the glue set overnight before using.