



# Valentine

## Sensory Bottle

### You will need:

An empty plastic bottle

Water

Food colouring - red /pink

Baby oil

Love heart buttons or beads

Foam love hearts

Love heart sweets

Heart-shaped glass beads

Strong glue /sticky tape

### Method

1. Wash out your bottle thoroughly.
2. Colour the water by adding food colouring to it. You can add as much or as little as you like – depending on how deep you want the colour to be.
3. Fill half the bottle with the coloured water, then add some baby oil.
4. The children can choose what they would like to add to their bottle. The items above are just ideas, but almost anything waterproof should work.
5. Once the children have added all they want to, secure the lid onto the bottle with either strong glue or sticky tape.
6. Shake away. Watch what happens to the contents of the bottle. It's nice and relaxing to watch as the contents start to settle.

