



Calming Glitter

Sensory Bottle

You will need:

Water bottle

Glitter glue

Glitter

Jewels

Glue gun or strong glue

Method

1. Open up your water bottle and pour in water almost up to the top, but leaving enough space for the extra additions.
2. Squeeze the glitter glue into the bottle.
3. Add some loose glitter to the bottle.
4. Next add in the jewels.
5. Secure the lid tightly and give the bottle a shake to loosen up the contents.
6. Glue the lid onto the bottle for safety.
7. Give the bottle a good shake and watch!