

# Colour Explosion

## Sensory Bottle



### You will need:

A large, empty and dry plastic bottle or jar (2 litres)

Strong glue

Sticky tape

Water

Baby oil

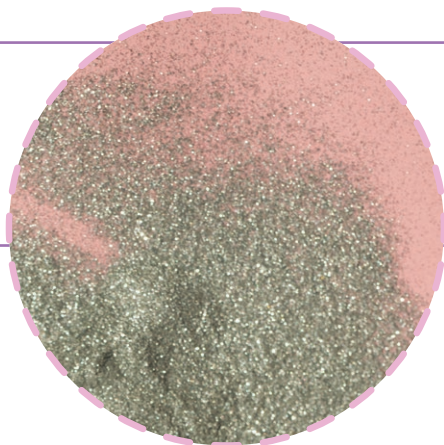


Eco-glitter (a variety of colours)

Colourful, glitter pom-poms

Colourful sequins

Optional resources – colourful beads, buttons or jewels



### Method

1. Fill the bottle three quarters full with water.
2. Add your desired amount of eco-glitter.
3. Add your selection of colourful items.
4. Fill the remaining quarter of the bottle with baby oil.
5. For safety reasons, squeeze glue onto the inside of the bottle top and secure the lid onto the bottle. Allow time for the glue to dry, then add tape around the lid of the bottle.
6. The Colour Explosion Sensory Bottle is now ready for learners to play with.

### Sensory Play Ideas

- Encourage learners to use these as a calming resource. Maybe when they are in the blue zone they could use this for support. As the bottle rotates, the eco-glitter and pom-poms will move, causing an explosion of colour that they can watch.
- As the learners explore the colourful sensory bottle, sing the '[I Can Sing a Rainbow](#)' song with them. You may like to point to the different-coloured items in the sensory bottle or point to coloured sensory scarves as you sing the names of the colours.

**Disclaimer:** This resource is provided for informational and educational purposes only. As this resource refers to sensory activities, sometimes including food items/ingredients, you must ensure that an adequate risk assessment is carried out prior to using this resource. This resource is not taste-safe. You must contact a suitably qualified professional if you are unsure. Twinkl is not responsible for the health and safety of your group or environment. Please be aware that learners should be supervised at all times due to potential hazards with handling and exploring sensory objects, particularly young or vulnerable learners. Sensory activities can engage learners in their play and learning, but supervising adults should check for allergens and assess any potential risks before the activity and only proceed if it is safe to do so, for example, even the shallowest amount of water can be extremely dangerous. Learners should wash their hands before and after these activities.