

Beckton & Royal Docks Children's Centre Tip Sheet

Make A Spring Flower Sensory Bottle



- Plastic bottle with lid
- A handful of freshly picked dandelions and daisies
 - Glitter (optional)
- Green and Blue PVC insulating tape
- Plain paper for the cloud decorations
 - Clear sticky tape

Remove the stems from the flowers and pop them in the bottle with a good sprinkling of glitter. (or anything that you think will catch your little one's interest can be added to the bottle, maybe grass, leaves, feathers, pebbles, beads, rice, pasta etc.)

Fill the bottle up right to the top with water (you can add food colour if you wish) and fit the lid tightly. Secure the lid into place with insulating tap so little fingers can't undo it!

To decorate the top simple wrap the blue tape around the lid and first centimeters or two of the bottle to make the sky.

Cut out 3 little cloud shapes from the plain paper and tape into place with the clear sticky tape.

Give the bottle a good shake and share it with your little ones. It offers a sensory rich exploration opportunity for babies to enjoy.

Here are more inspirations

