



Quick summary

Create a calming sensory bottle inspired by the sea creatures in SEA LIFE aquariums and the book *That's not my shark...*

Key skills

Imaginative Play, Regulating Emotions (calm, quiet time), Creativity, Fine Motor Skills (Scissor-skills), STEM



What you need

A clear recycled bottle, water, blue food colouring, baby oil, foam (to create small sea creatures) or plastic sea creatures, child-friendly scissors, tape.



Instructions

1. Fill a bottle 2/3 with water. Add a few drops of blue food colouring (you can experiment with different shades of blue) and some baby oil.

2. Create your shark foam cut-out. Use scissors to cut around it. Put your foam shark in the bottle along with some water. If you prefer, simply use a shark toy.

3. Close the bottle cap tightly and shake the bottle to mix everything together. Watch the water and shark float around and talk about what is happening.



4. When you are satisfied with your sensory bottle, don't forget to seal the cap with some strong adhesive such as tape. You can then roll it across the floor and watch the colours slosh around in the bottle, just like a little tide rolling in.



5. You might want to repeat the activity but for a different sea creature, experimenting with shapes and colours.

Make it more challenging

Encourage your child to name the colours they see in their sensory bottles and use a rainbow chart or book to help develop their colour recognition skills.



During your visit to SEA LIFE

Take some quiet time to enjoy the sensory experience. Ask your child what colours they can see, what sounds they can hear, and what they can touch in the aquarium. How do they feel when see the different creatures for the first time?

