

Calming Sensory Bottles

The calming sensory bottle is used as a calming strategy to address an over-responsive sensory system. It is a tool that can be utilized for all ages from infants to adults. Due to the neurological impact of Autism, individuals demonstrate at times, a "disorganization" of the sensory input they are receiving from all 7 senses (sight, touch, taste, hearing, joint input (proprioception) or vestibular (balance system)). This disorganization can produce anxiety or distress and behaviors like flapping, tip toeing, screaming, and head banging. A calming sensory bottle intervention provides a visual experience that calms the neurological system. This is something that can be implemented in at home, school, community outings as they are transportable. They are easy to make, can be made as shared activity, using preferred items to suspend in bottle, color choices, and a reciprocal activity, encouraging independence for behavioral management and self advocacy.

Helpful Tips:

Always supervise when children are making their sensory bottles, as the items selected to use may be choking hazards. To ensure permanent closure of bottle and no leakage, please use a permanent glue that can attach the lid to the bottle. If choosing glass bottles, like recycled pickle jar, please ensure that it is safely stored and used only with supervision if being used by children.

Items Needed:

- *Empty recyclable water bottles - preferred thick and smooth edges of higher quality plastic, repurposed spice containers, pickle jars, recycled nursing bottles (good choice for infants age 6 months -2 years)*
- *Clear washable Glue - this is the most costly item. You can substitute with baby oil or clear dish soap.*
- *Various items to suspend- Glitter, beads (letters, animals, vehicles),*
- *1/2 a drop of food coloring*
- *Permanent Glue*
- *Water*

Directions:

- **Step 1:** *Fill the vessel (bottle, jar) about 1/4-1/2 full of clear glue. (The larger the bottle, then closer to half with glue, the smaller the bottle, then 1/4 full of glue)*
- **Step 2:** *Pour in water to almost the rim of the container.*
- **Step 3:** *Add a drop of preferred food dye, glitter, and items to suspend. Your choice or child's choice. Every bottle is unique!*
- **Step 4:** *Top with lid. Shake it up hard to mix the fluids. (This is a great workout and teamwork for you and your child!)*
- **Step 5:** *Decide if you like or want to add some more glitter or color.*
- **Step 6:** *Once satisfied, use the permanent glue around the rim of the lid, screw on tightly and let dry. Ensure no leakage or ability to open once sealed permanently.*
- **Step 7:** *Enjoy your new sensory calming bottle!*