



My Emotions - Mood Monsters

Sensory Bottle

You will need:

6 plastic bottles

Cooled boiled water

Food colouring - blue, yellow, red, orange, green, purple

Glitter - blue, yellow, red, orange, green, purple

Jewels, pom-poms, feathers - blue, yellow, red, orange, green, purple

Glitter glue - silver

Strong glue

Sticky tape

Scissors

Method

1. Fill each of the 6 bottles three-quarters full with cooled boiled water.
2. Add food colouring to the bottles, making each bottle a different colour: blue, yellow, red, orange, green, and purple.
3. Squeeze at least a tablespoon of silver glitter glue into each of the bottles. The more glitter glue you add to the bottle, the slower the items in the sensory bottle will fall when it is played with.
4. Put the lids on the bottles and shake each bottle to disperse the glitter glue and food colouring.
5. Remove the lids and add glitter, jewels, pom-poms and feathers of the correct colour to each bottle. For example, add red glitter, jewels, pom-poms and feathers to the red bottle.
6. Fill each bottle to the top with water.
7. Squeeze strong glue onto the inside of all the bottle tops and secure the lids onto the bottles. Allow time for the glue to dry. You may also like to tape around the lids of the bottles.
8. Cut out the Mood Monster Cut-Outs and glue each one onto the correct bottle. For example, stick the red monster onto the red bottle. You may also wish to tape over the cut-out with clear sticky tape to further secure it to the bottle.
9. The bottle is now ready for the children to play with.