



FINE ARTS

SENSORY WATER BOTTLES



Benefits of sensory bottles:

- Helps self-regulate
- Helps calm breathing and create a peaceful mind

Benefits of creating a sensory bottle:

- **Fine Motor Skills: Grasping:** Various sizes of beads promote different grasps. Larger beads often promote the "3-jaw chuck" grasp, like holding a large pencil or marker. Smaller beads encourage children to use their pincer grasp, thus strengthening the small muscles of their hands.
- **In-hand manipulation skills:** Many components of making a beaded craft increase strength and coordination in the small hand and finger muscles. For example, picking a bead up from the beading tray, and then manipulating it in one's hand until it is pinched between your thumb and finger, involves translation, shift and rotation movements of the bead within the hand.
- **Visual Perceptual Skills: Visual Discrimination, Scanning, Visual Memory:** The child must be able to remember the beading pattern to determine the bead they want to use. Once they know what bead they want, visual discrimination assists them in selecting the bead that fits their mental image of the desired bead. Finally, the child must scan across many different beads before finding the desired bead.



Supplies:

- Dish soap
- Hand soap
- Empty water bottles
- Water
- Beads and confetti

Steps:

1. Make sure all bottle labels are peeled off and bottles are empty
2. Using beads and confetti fill water bottle up $\frac{1}{4}$ of the way (creating a pattern with the beads creates more concentration and focus)
3. Fill bottle with dish soap (slower falling beads) and liquid hand soap (faster falling beads)
4. Add warm water to the bottle, please note adding more water increases speed

Secure the top, flip and be MEZMERIZED 😊



