



# Calming Glitter

## Sensory Bottle

### You will need:

Water bottle

Eco-glitter glue

Eco-glitter

Jewels

Glue gun or strong glue

### Method

1. Open up your water bottle and pour in water almost up to the top, but leaving enough space for the extra additions.
2. Squeeze the eco-glitter glue into the bottle.
3. Add some loose eco-glitter to the bottle.
4. Next add in the jewels.
5. Secure the lid tightly and give the bottle a shake to loosen up the contents.
6. Glue the lid onto the bottle for safety.
7. Give the bottle a good shake and watch!