

# Sensory Fun!

## Activity:

Glitter Bottle

*\*Optional Materials*

## Benefits:

Sensory activities can be great for all youth, but they're particularly beneficial for children with a disability. While every child has their own likes and dislikes, most find it both fun and therapeutic – and in the process, can help their development in a whole range of ways.

[www.aruma.com](http://www.aruma.com)

## Materials:

- 1 bottle of corn syrup
- Water
- Glitter
- \*Food coloring
- Empty bottle (any bottle works, but try and not use a thin water bottle. Gatorade or thicker water bottles work best)
- Super glue

## Directions:

1. Decide how much you would like the glitter to move
2. Pour corn syrup in the plastic bottle
  - The more you put in, the longer it takes for the glitter to settle
3. Add warm water to the bottle, leave approximately ½"
4. Add desired amount of glitter
5. \*Add food coloring
6. Shake bottle to mix ingredients (add additional ingredients if necessary)
7. Glue lid on
8. After the glue is dry, play.

**The Arc of Palm Beach County  
Community Inclusion Program**



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# Visuals for Glitter Bottle



Pour corn syrup into the plastic bottle



Add warm water



Add desired amount of glitter



\*add food coloring



Shake bottle to mix ingredients



Glue lid on



After glue is dry, play

play

