

Glitter bottles

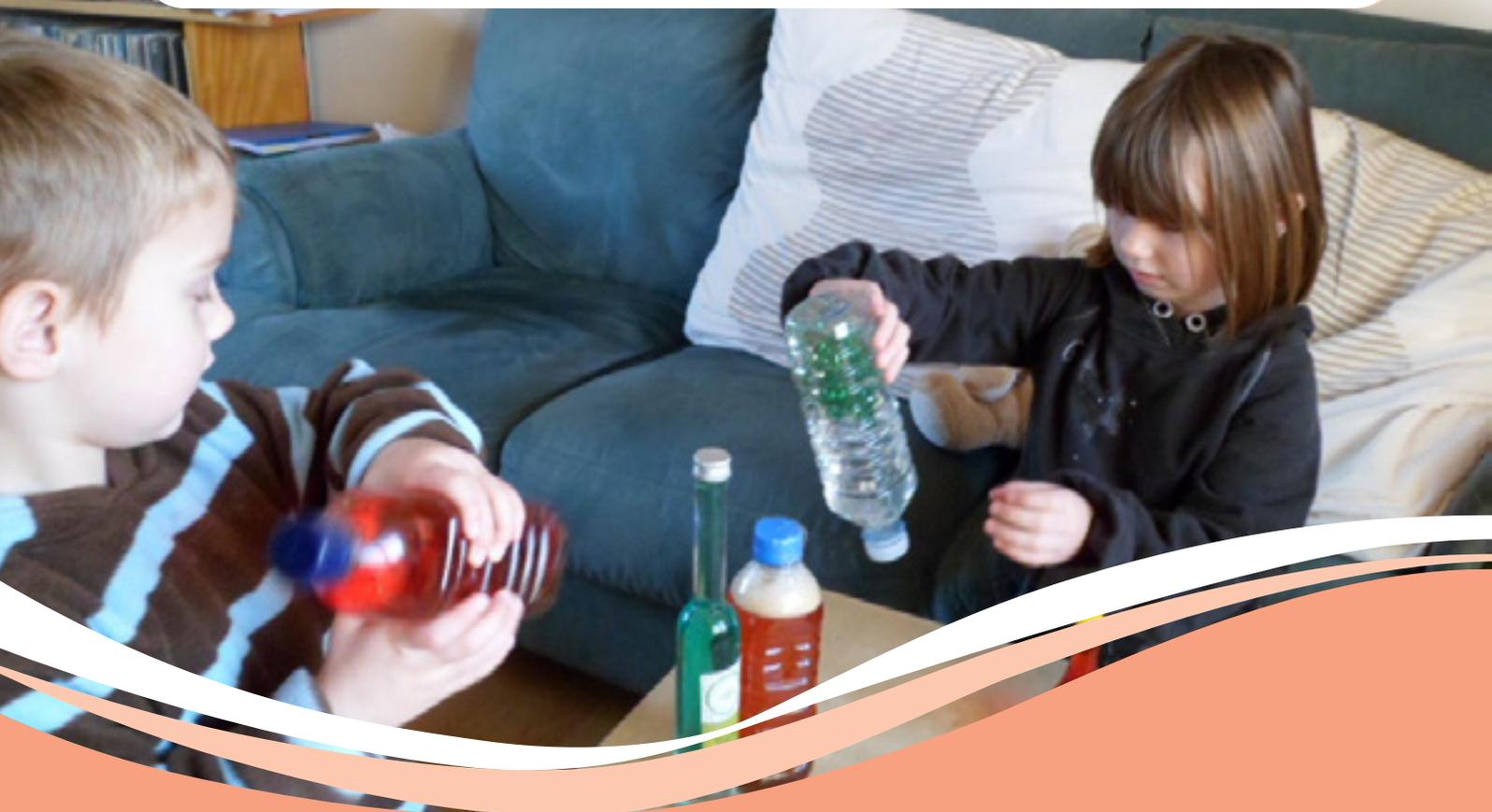
Equipment

- Small clear plastic bottles
- Sticky tape
- Water
- Food colouring (optional)
- Glitter

Instructions

Fill the bottles up with water, glitter and food colouring (if using), leaving enough room for the water to be able to move about freely.

Screw on the lid and secure it with the sticky tape. It's now ready to use.



Variations

You could also put a few drops of oil (vegetable or sunflower) into the bottle – the oil and water won't mix so it will make an unusual pattern in water.

The bottles can also be filled with a mixture of pasta, rice, lentils, etc. instead of water to make shakers.

Precaution

Securing the lid of the bottle with sticky tape should ensure that it stays on.



benefits

- Physical – developing hand/eye coordination and hand skills.
- Other – experimenting with different textures and developing creativity and imagination. Encouraging concentration.
- With shakers, discovering what items make the largest/softest sounds.