BRAIN BOTTLES

Topic

Keep your brain healthy and calm by making a sensory bottle!

Materials Needed:

- A clean plastic water bottle
- Superglue (or a hot glue gun)
- Corn syrup or Cooking Oil (Vegetable, Canola, ...)
- Food coloring
- A funnel
- Warm water
- Glitter
- Beads
- Anything else fun!

Procedure:

1. Remove the label from the bottle and fill half way with warm water and half way with oil
2. Add a few drops of food coloring, glitter, beads, and anything else you'd like
3. Use super glue or hot glue to seal the lid shut
4. Shake!

Questions to Consider:

1. How can you use your brain bottle to calm down?
2. What are some observations you can make about the ingredients you used in your bottle? Do ingredients move differently than eachother?

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