SENSORY BOTTLES  Try these for a fun way to relax and focus!

You will need:
- a clear plastic bottle or jar with a lid (try to find one with a wide opening)
- small items that will fit through the opening of the bottle
- super glue to glue the lid on

For a liquid sensory bottle, pick one of the following liquids:
- 50% water and 50% mineral oil or cooking oil
- hair gel
- 50% water and 50% clear liquid glue
- optional: food coloring or liquid watercolor, glitter

For a dry sensory bottle, pick one of the following dry items:
- plastic beads that are all one color
- kosher salt
- rice, dried beans, or lentils
- sand

DIRECTIONS:
1. Using a funnel, place your small items in the bottle.
2. Add your liquid(s) OR dry ingredients, then the coloring agent and/or glitter, if desired.
   Be sure to leave about an inch of space at the top of your bottle so everything has room to move!
3. Place super glue along the threading of the bottle, then quickly screw the lid on. Let dry
   according to your super glue instructions.
4. Move the bottle around and see what happens!

Tip: Choose small items along a theme (like seashells and plastic fish for an ocean-themed bottle) or
items that are all the same color, or add letter beads for alphabet practice...the possibilities are endless!

Tip: If you don’t have a funnel, you can make one by bending a piece of paper or thin cardboard
into a cone shape and securing it with tape.

For more ideas, check out:
- https://especiallyeducation.com/diy-sensory-bottles/
- https://preschoolinspections.com/how-to-make-a-perfect-sensory-bottle/

SLIME  Mix up a batch of slime, then join us in the slime room on October 25th to share and explore.

Slime Recipe 1

You will need:
- 1 cup (8 oz.) white school glue
- 1 teaspoon baking soda
- 2-3 tablespoons saline solution (contact lens solution)
- A few drops of food coloring (optional)

DIRECTIONS:
1. Mix the glue and baking soda together in a bowl.
2. Slowly add saline solution, a little bit at a time, until slime starts to form a lump.
3. Add food coloring, if desired.
4. Mix with your hands until it’s a squishy, stretchy texture that you like!

Tip: Try mixing the ingredients together in a quart freezer bag to get the squish without the stickiness!

For more edible slime recipes, visit:

Slime Recipe 2

You will need:
- 1 cup cornstarch
- 1 cup spinach – packed
- 1/2 cup water

DIRECTIONS:
1. Place spinach and water into a food processor or blender. Blend
2. Place your mixture into a bowl.
3. Gradually add the cornstarch to the bowl: use a whisk and mix in a little bit at a time.
4. When you have a thick slime-like concoction, it’s ready!