

# ANTIGRAVITY GALAXY IN A BOTTLE



## Materials

- Plastic Water Bottle
- Baby Oil
- Water
- Purple and Blue Liquid Food Coloring
- Silver Glitter

## Instructions

1. Remove the label from the water bottle. Goo Gone will help get rid of any residue that's left.
2. Fill the bottle half full with baby oil.
3. Add silver glitter on top of the baby oil (About  $\frac{1}{2}$  teaspoon of glitter)
4. Add enough water to a measuring cup to fill the rest of the bottle, then add approximately 8 drops of purple food colouring and 5 drops of blue food colouring. The more food colouring you add, the more opaque your galaxy will be.
5. Mix the water and pour it into the bottle, leaving about  $\frac{3}{4}$ " of air space in the mouth section of the bottle.
6. Screw the lid back onto the bottle. You can seal it closed with tape or glue if you like.
7. Shake the bottle vigorously and watch the glitter move up as it settles!

# SENSORY BALLS



## Materials

- Multi-coloured polymer beads (slippery spheres) (or coloured tapioca pearls)
- Clear balloons
- Sorting bowls
- Water
- Water bottle

## Instructions

1. If using polymer beads: Fill a bowl with water and add polymer beads. We used about a tablespoon for each colour, which ended up making 4 sensory balls. The beads will start to absorb the water within 15 minutes and will be full grown within a few hours. If using tapioca pearls, skip this step.
2. Pour the fully grown beads into a water bottle. We found that if you fill the 500ml bottle with beads, you get the perfect size stress ball! Then fill the bottle about halfway with water. This will keep the beads moist when they are inside the balloon.
3. Blow up the balloon about halfway. Hold the air in with one hand, and stretch the end of the balloon over the top of the water bottle with the other hand. *TIP: It helps to have another person hold the water bottle in place!*
4. Squeeze the water bottle to get the beads inside of the balloon. This step is really fun! They fall perfectly into the balloon, along with the water. It also makes a pretty cool sound, adding to the sensory experience!
5. Let some air and water out of the balloon until you are happy with the shape and size. Be sure to keep enough water inside so the beads won't dry out. Then tie the balloon.

# Taste Safe Cloud Dough Recipe



## Materials

- 2 cups plain flour
- 1/4 cup Vegetable oil canola / olive oil
- 5-10 drops Oil based food coloring

## Instructions

1. Make at least 4 colours. Use your kitchen measuring cups and don't guesstimate else your cloud dough recipe will be too wet.
2. Premix colouring in the oil before adding it to the flour.
3. Mix your ingredients in a zip lock bag. Knead and shake around until mixed as much as possible.
4. Before you play, you will have to get your hands into the mix to pinch the flour to distribute the remaining oils and colouring. At this point, it should be mixed well enough that your hands will not stain.
5. Empty out into a sensory tub for playing.
6. If you do this activity indoors, a large bed sheet or shower curtain is recommended for under the sensory tub to catch little messes.

# SENSORY BALLOONS



A simple activity to explore "touch" is Sensory Balloons!

I gathered some balloons and used a household item to fill each one.

For example you could use dry beans, coffee grounds, hair gel, flour, baby powder, rice, water, etc.

The great thing about the coffee beans and baby powder is that they smell! So this is a great way to tie these two senses together in one activity.

# BUBBLE SNAKE



## Materials

Water bottle  
Sock  
Washing up liquid  
Water

## Instructions

1. Use a pair of scissors to cut the bottom off a water bottle
2. Stretch out the sock and slide it over the open end of the water bottle
3. Fold it back so it stays snug on the bottle
4. Mix some washing up liquid with water
5. Dip the sock in
6. Blow through the mouth of the bottle to blow bubbles!

# LAVA LAMP



## Materials

1l bottle  
Funnel  
Vegetable oil  
Water  
Food colouring  
Alka-Seltzer tablet  
Glitter

## Instructions

Fill a clean bottle  $\frac{1}{3}$  full with water  
Add a few drops of food colouring  
Fill the rest of the bottle with cooking oil  
Break up an Alka-Seltzer tablet and add it to the bottle about  $\frac{1}{2}$  at a time.  
Watch!  
Don't use yellow colouring as it doesn't show against the oil  
Add glitter to make a change.

## Foam Dome



### You will need:

- table cloth, shower curtain
- 2 x plastic bowls (Sainsbury or Tesco) – one bowl to have little holes poked into it.
- shaving foam
- colour hair spray (Superdrug's, Tesco)

### What to do:

1. Name the different items as you pull them from the box / bag
2. place the shower curtain down
3. place bowl upside down on shower curtain
4. take foam and spray bowl (use language “shake” “spray” “foam” “more”)
5. take hair spray and spray on foam (use language “shake” “spray” “colour”)
6. Place other bowl slowly over shaving foam and watch foam worms come out (use language “look! Worms!”)
7. Tidy up all the items as part of the activity

### Incorporating into the Curriculum Ideas:

- Maths: count the sprays of shaving foam; make paper/cardboard cut outs of numbers, shapes etc. to place over the shaving foam and make shapes. Have different amount of bowls and colours to cover in foam and hair spray.