**Autumn Sensory Bottles**

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**Autumn**

Recipe

* An assortment of clear plastic or glass bottles, reusing bottles is a great way to recycle them into something new.
* The bottle is an innocent orange juice bottle with a wide neck easy to fit larger natural items inside
* Natural loose parts such as fir cones, autumn leaves and conkers
* Water or baby oil, Baby oil tends to preserve the items longer.

Simply place the loose parts inside the bottle and add water or baby oil, fasten the lid back onto bottle securely and enjoy.

Sensory bottles are a great way to enable babies and toddlers to soothe themselves and relax.

Helping them to focus on the bottle and regulate their breathing. A sensory bottle offers a healthy and effective way to gently calm down.

Alternatively, it can be used as, just an object of curiosity, fascination and intrigue. A time to watch and focus the autumnal objects moving and swaying inside the bottle.

Please note that these bottles will start to discolour after a few days or weeks, so ensure you are ready to replace the water or autumnal items, Helping to ensure it looks fresh and new.

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