

MEMORY LANE THERAPY

Calming Sensory Bottle for Seniors

A simple, calming sensory activity that can support relaxation, visual focus, and gentle engagement in aged care and memory care settings.

Materials Needed

- A sturdy clear plastic bottle
- Warm water
- Clear liquid glue
- Fine and chunky glitter
- Superglue or hot glue
- Optional add-ins: food coloring, plastic beads, or tiny shells

Tip: Smooth-sided bottles work best because they give a clear view of the contents. Avoid glass for safety.



Instructions

- **1. Prepare the Bottle:** Ensure the bottle is clean and any sticky labels are removed.
- **2. Add the Glue:** Pour clear glue into the bottle until it is about 20% to 30% full.
- **3. Add the Glitter:** Add one to two tablespoons of mixed glitter.
- **4. Fill with Warm Water:** Add warm tap water, leaving about an inch of empty space at the top.
- **5. Test the Flow:** Put the cap on tightly (do not glue yet), shake, and adjust with more glue or water if needed.
- **6. Seal Permanently:** Apply glue to the cap/bottle threads, screw the cap on tightly, and allow it to dry completely.

For more free activities for seniors, visit www.memorylanetherapy.com

Step-by-Step Visual Guide

Use these image prompts as a visual aid while making the sensory bottle.



Step 1: Prepare the bottle by cleaning it and removing the label.



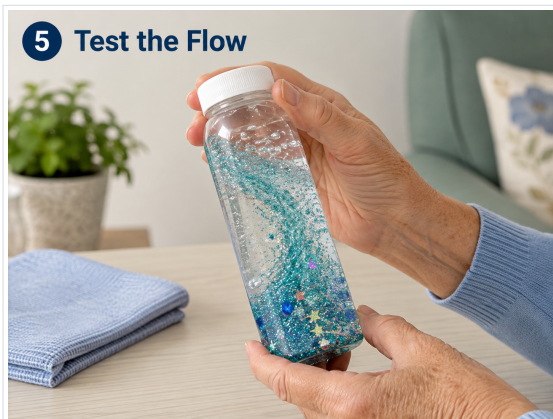
Step 2: Pour clear glue into the bottle.



Step 3: Add mixed glitter in favorite colors.



Step 4: Fill the bottle with warm water.



Step 5: Test the flow by shaking the capped bottle.



Step 6: Seal the bottle permanently once you are happy with the flow.

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