**Activity At HAND 🌈**

**Sensory Bottle**

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**MATERIALS**

- A Plastic Water Bottle
- Water
- Cooking Oil (or corn syrup)
- Food Coloring
- Glitter
- Super Glue or Hot Glue Gun
- Optional: Plastic Beads

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**DIRECTIONS**

- Fill your water bottle halfway up with water.
- Add oil (or corn syrup) to the bottle.
- Add a few drops of food coloring.
- Add glitter (and plastic beads if you would like).
- Glue top with hot glue gun or super glue.
- Screw the top onto the bottle.
- Shake!

Now you can turn your sensory bottle over back and forth!

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**ACTIVITY SUBMISSION**

1. Take a picture of your project
2. Visit [hhcenter.org/adult-day-program/](http://hhcenter.org/adult-day-program/)
3. Click the link by Activity Submissions
4. Upload the picture