

# 'Find it' Bottle

Having a distraction and an activity that helps to shift focus can be really helpful for children who are struggling with feelings of overwhelm. When their environment feels too busy and overloaded with sensory information or they are struggling with big feelings, sometimes, having an opportunity to focus on a simple task can create space to breathe and allow their bodies and their minds to settle.

Find it bottles are great for this - and they are super simple to make!

You will need:  
a clean, clear empty 1l plastic bottle  
2 cups white rice  
1tbl white vinegar  
food colouring  
a selection of small objects  
super glue and a zippy bag



Start by colouring the rice.

Place 2 cups of rice into the plastic zippy bag and add 1 tablespoon of white vinegar and a few drops of food colouring. Seal the bag and shake well to mix - you can add more food colouring if you would like the colour to be more vibrant. Once thoroughly mixed, tip the rice onto a baking tray in a thin layer and leave to dry.

You might like to do this several times with different colours to give you multicoloured rice in your bottle.

To assemble the 'find it' bottle, add your chosen objects to your bottle - you'll need around 25. In my bottles I have used - a bead, drawing pin, paperclip, coin, Christmas decoration, button, sequin, curtain hook, push pin, glow star, pencil sharpener, pasta ... happy hunting but don't forget to make a list as you go so you don't forget what you have used!

Next top up the bottle with your coloured rice - you'll need to leave about 3 fingers width of space at the top to allow the rice and objects to move around as the bottle is turned.

Glue around the neck of the bottle and add the lid - this is super important if you don't want to be sweeping up rice every time it is used!!!

Write or draw a list of the items that can be found - you might like to laminate this so it can be reused.

To play give the list of objects with a dry wipe pen to tick them off as they are found. Slowly turn the bottle to tip the rice and uncover the treasure

