

Wave Bottle: Experimenting and Turning

Instructions:

1. Fill the empty plastic bottle 1/3 full with oil and 1/3 full with water. (You want to leave space in the bottle so that, as you turn it, the liquid will make waves.)
2. Add a few drops of food coloring if you like.
3. Place colorful items in the wave bottle. What do you have around the house that you don't need anymore? Barrettes? Milk jug lid? A small balloon with a little air? It will look like a whale.
4. Secure the bottle cap with the glue and tape.
5. Allow your baby to hold the bottle. Encourage him/her to move it, shake it, and roll it. Talk about what s/he sees.
6. S/he may be ready to crawl or scoot after the rolling bottle.

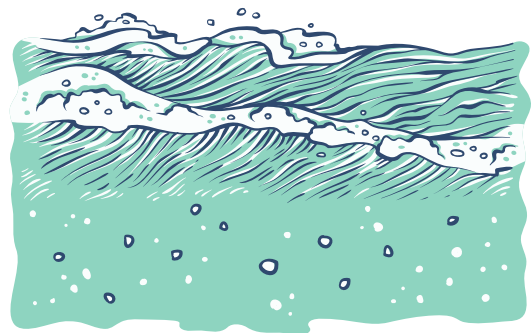
How to extend activity:

Take the wave bottle with you when you run errands. It is a good activity when you and your baby have to wait.

Safety tip: The items in the bottle are small and could be a choking hazard. Continue to check the lid to make sure it is secure.

Materials:

- Clear, empty plastic bottle (10 to 16 ounces) with lid
- Baby oil
- Water
- Small, colorful items/toys
- Glue; tape;
- Board book



What they learn:

Motor: Your baby is strengthening his/her large muscles when s/he uses his/her arms to move the bottle and his/her legs to chase after it.

Cognitive: Your baby is experimenting. s/he is noticing differences. Your baby can now see colors well. S/he will respond when s/he sees colorful objects.