

What can I do with....?

...plastic bottles



You will be practicing:

- Phonics - phase 1: instrumental sounds, body sounds, environmental sounds
- Mark making
- Self-help and fine motor skills
- Communication temptation
- Physical development and oral - motor exercises
- Understanding of the world

a) **Make rattles.** Go for a walk and gather some small pebbles in the park into empty bottles (you can also do this with other materials found around the home such as buttons, dried peas, or dry rice at home). Screw the lid on tight and secure the bottles with tape or join them together in the way it is shown in the photo below. You have made rattles! Try and play them with your child. You can join in with the rhythm of their favourite songs on TV or simply sing a nursery rhyme as you play them. If you're out in the park you can use them to copy

the rhythm of you both marching and doing silly walks.



- b) **Water play with water sounds and fine motor skills.** Pour some water into one of the plastic bottles and screw the lid on (not too tightly) put the bottles into a basin or you can also do it during bath time in the bathtub. Show your child how you open the bottles and pour the water from one bottle to another. Say onomatopoeic words such as splash, splosh, pitter-patter, woosh, glug-glug. Screw on the lid again and encourage your child to imitate what you did.



- c) **Science experiment - make a simple syphon.** Follow the steps in this video: <https://www.youtube.com/watch?v=lba319lymXU>



- d) Use it as a sound amplifier - make bottle music. Put your mouth close to the bottle neck and blow gently. You will hear a sound. Encourage your child to copy you. You can expand on the complexity of this by taking a large plastic bottle out to the park on a windy day and directing it so that the bottle neck catches the wind and makes a sound. You can also experiment with different tones by following the experiment in this link: <https://www.stevespanglerscience.com/lab/experiments/pop-bottle-sounds/>



- e) Use bottles with different bottom shapes. You will need some paint suitable for children and a large format paper - you can use old newspapers. Pour different colours into bowls, dip the bottles in the paint and impress them on the paper. Encourage your child to explore this themselves and come up with their own patterns.

