



# Weather Bottles



Depending on how many variations of weather you would like, find around 6 empty bottles which can represent different emotions.

You will need to gather some resources that will be used to go into the jars, which represent the weather. For example, leaves, cotton wool, pebbles and food colouring.

Add the resources to the different jars. Cotton wool and water can be added for the snow bottle, plastic leaves and water can be added for the windy bottle, and so on.



Move the bottles around and watch the objects move inside. You can move your body, like the weather and explore your emotions at the same time.

## Why use:

This activity is allowing the brain to make connections between their feelings through a sensory activity.

This is an interactive activity to do with children, developing conversations about the weather and how different weathers makes us feel.

Talk about which weather represents our feelings and emotions, and how these can look different to everyone.

Children can explore the different types of weather and how they look, sound and feel whilst exploring our senses.

For more information about how we work please contact:  
[IF@suffolk.gov.uk](mailto:IF@suffolk.gov.uk)