















Pop Bottle Activities

One simple item provides endless possibilities!

-  Fill with beads, rocks, pebbles, etc. and use as a shaker to make noise or use in a music parade.
-  Fill with colored water or small loose parts and use as a sensory toy.
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-  Try to toss a large ring around the water bottle.
-  Cut the bottom off and use as bubble blowers.
-  With bigger water bottles, cut the bottom out and use it to catch small objects.
-  Use as bowling pins.
-  Use as cones in an obstacle course.
-  Fill with sand and see who can toss it the farthest.
-  Cut part of the bottle out and use it as a shovel or scoop.
-  Take them with you on a nature walk and fill with natural items (leaves, sticks, flowers, rocks, etc.)
-  Balance on a part of your body and walk around; head, back, foot, etc.

