

Sensory Rice

Ingredients

White rice
Food colouring
Vinegar

Method



Activities

1. Place a cup of rice into a snap lock bag.
2. Add a teaspoon of vinegar.
3. Add food colouring.
4. Make sure the bag is closed properly and shake the rice. Make sure all the rice has been coloured.
5. Spread the rice on a tray or paper towel until it has dried.
6. Once dried you can place in tub ready to use.

- Hide objects in the rice and find them.
- Use your finger or a paint brush and write your names, spelling words, letter etc.
- Pretend cooking and tea parties.
- Draw a picture with a glue stick and sprinkle the rice over to reveal your drawing.