

Sensory rice- Step by Step

You will need; a Bowl, Spoon, a Tray, Kitchen roll, Rice, Paint/food colouring.



1. Pour the rice into a bowl.



2. Add a small amount of paint/food colouring and mix.



3. mix until your rice is coated and you have achieved your desired colour (you can add more paint/food colouring in small amounts to make the colour darker)



4. Spread the rice carefully across the kitchen roll and leave to dry. Move it around carefully every so often so it doesn't stick.



5. Enjoy playing with your sensory rice!



Extra- Why not add resources to your rice! You could use cutlery, play tea sets or sand toys to enhance play!

Please note- Food colouring does work, however it will not give you the same effect as paint. Food colouring will give the rice a pastel colour.

Have Fun! 😊