

Rainbow Rice

Follow these simple instructions and get the Rainbow Rice Effect! This activity uses our sense of touch. Playing with different textures can help us feel calm.

Recommended for age 3+ (Supervision required for younger children)

Benefits:

- Improves fine motor skills
- Get used to different textures
- Explore different colours

Ingredients:

- 1 cup of uncooked Rice (Per colour)
- ½ teaspoon of water (Per colour)
- 15-20 drops of Food Colouring of choice (Red, Orange, Yellow, Green, Blue, Purple)
- Sandwich bags (Resealable bags)

Instructions:

1. Place 1 cup of rice into each bag
2. Mix ½ tsp of water + 15-20 drops of food colouring per colour
3. Zip up the bag and shake shake shake until the colour has spread evenly (If you need to add more colouring and water do that now)
4. Place the rice out onto a piece of parchment paper or tin foil and allow to dry
5. Repeat with your other colours
6. Once completely dry you can mix all the colours together in a storage container or lunch box
7. Now enjoy the rainbow rice effect!! Rub your hands in between the rice, cup the rice and move your hands in and out