

## Rainbow rice

This play activity it is colourful, it is messy, it is creative, and sensory!

Depending on what you have, available at home, there are two different ways to make coloured rice.

What you need:

Boiling water

Bowl

Food colouring

Rice (you can use boil in the bag rice)

Bag

What to do:

- Mix boiling water and food colouring in a bowl.
- Place bag of rice in the water (make sure all is covered)
- Leave for about 1 hour.
- Drain and let dry out slightly.

Alternatively: For each colour that you want, you will need to combine **one cup of white rice + 1 tablespoon white vinegar + several squirts of food colouring.**

Mix this up in a zip lock bag or sealable container, and lay it to dry on a paper plate. Repeat for as many colours as you want. It usually dries to the touch in about 1 hour. You can use the play dough accessories to build towers and castles!





With this activity, children enjoy to scoop materials and transfer them. It is a good activity to help children develop their hand-eye coordination, understanding of capacity, and life skills.

How to make rainbow rice Video link:

<https://www.youtube.com/watch?v=q3Z4x-XDktg>