

Rainbow Rice Toddler Activity



- Playing with rice fascinates children and coloured rice is wonderful for **sensory play**.
- Sensory play supports language development, cognitive growth, development of motor skills, problem solving skills, imaginative and creative play.
- It can also encourage mindfulness as it is very calming just to run the dried rice through your hands.



How to make your own Rainbow Rice for sensory play



What you will need:

- Dry, uncooked rice
- Children's paint
- Zip Lock bags

Split the rice into the zip lock bags, using one bag per colour that you want to make.



Squirt in a large dollop of paint, squeeze the air out of the bag and then zip the bag lock tight.

The next part is great fun and an activity for your
Toddler in itself!

Simply press and push the paint and rice together
around in the bag in your hands.



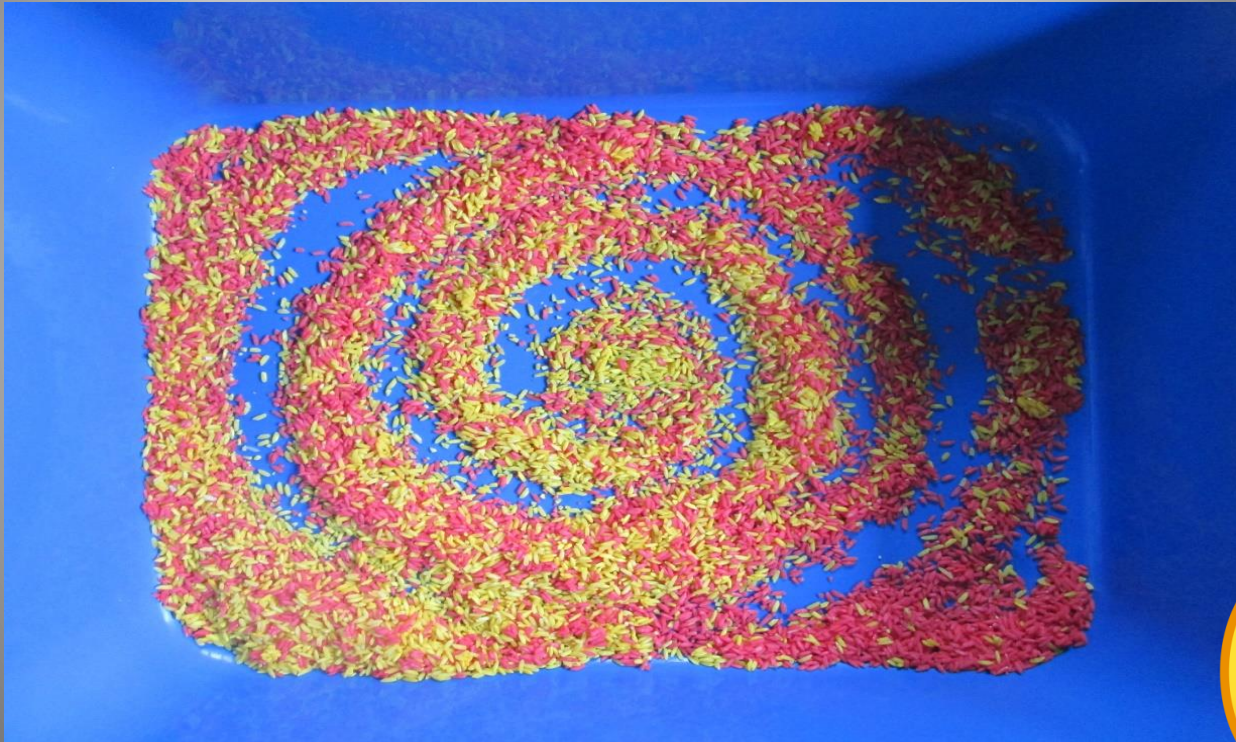
When the rice is fully coated, empty each colour into a tray or shallow dish and leave to dry overnight. If the rice is spread out thinly, it could dry and be ready to play within a couple of hours.



Lay out a covering on the floor such as a bed sheet (it makes tidying up afterwards much easier!) put the coloured dried rice in a tray or your washing up bowl ready for play. There are plenty of everyday household objects that can be used to play with the rice... your options are endless.



Rice play is a great way for toddlers to playfully develop the fine-motor skills required for writing i.e. picking up tiny grains, passing handfuls from hand to hand, or scooping and pouring. Children benefit from having the space and time to explore in their own way and at their own pace.



Don't fret that it gets all mixed up - it's all part of the fun!

During rice play, you can talk about how things move, feel, smell and sound. Make a comment, pause and wait. Give your child a chance to add to the conversation. Ask occasional questions that require some thinking and reasoning e.g. “What would happen if we ...”, “What could we use to ...”

If set up similarly to the example below, you can also help them develop early science and problem solving skills.



Rice play is also good for creative and imaginative experiences as it can give children something different and exciting to talk about. Many children will enjoy story-telling through 'small world' play. The innovation involved in creating a jungle for wild animals or a woodland world for mini-beasts provides limitless opportunities for introducing new words and engaging with their imagination.



The coloured rice can be reused many times and, if stored in an air-tight bag or jar, can last for months.



Use the same method to colour pasta for another sensory activity.

Above all, have FUN!