

Special Educational Needs Resources Blog

October 23, 2018October 13, 2019

How to Make Coloured Rice for Sensory Play in 3 Minutes!

I've seen coloured rice pop up on Instagram and Pinterest and if I'm honest I thought..."How on earth do people have the time to make that?!" But I was COMPLETELY mistaken in thinking it was hard work. It has to be the easiest thing to make! And unbelievably quick! I made six bags, with two kids in under 10 mins.

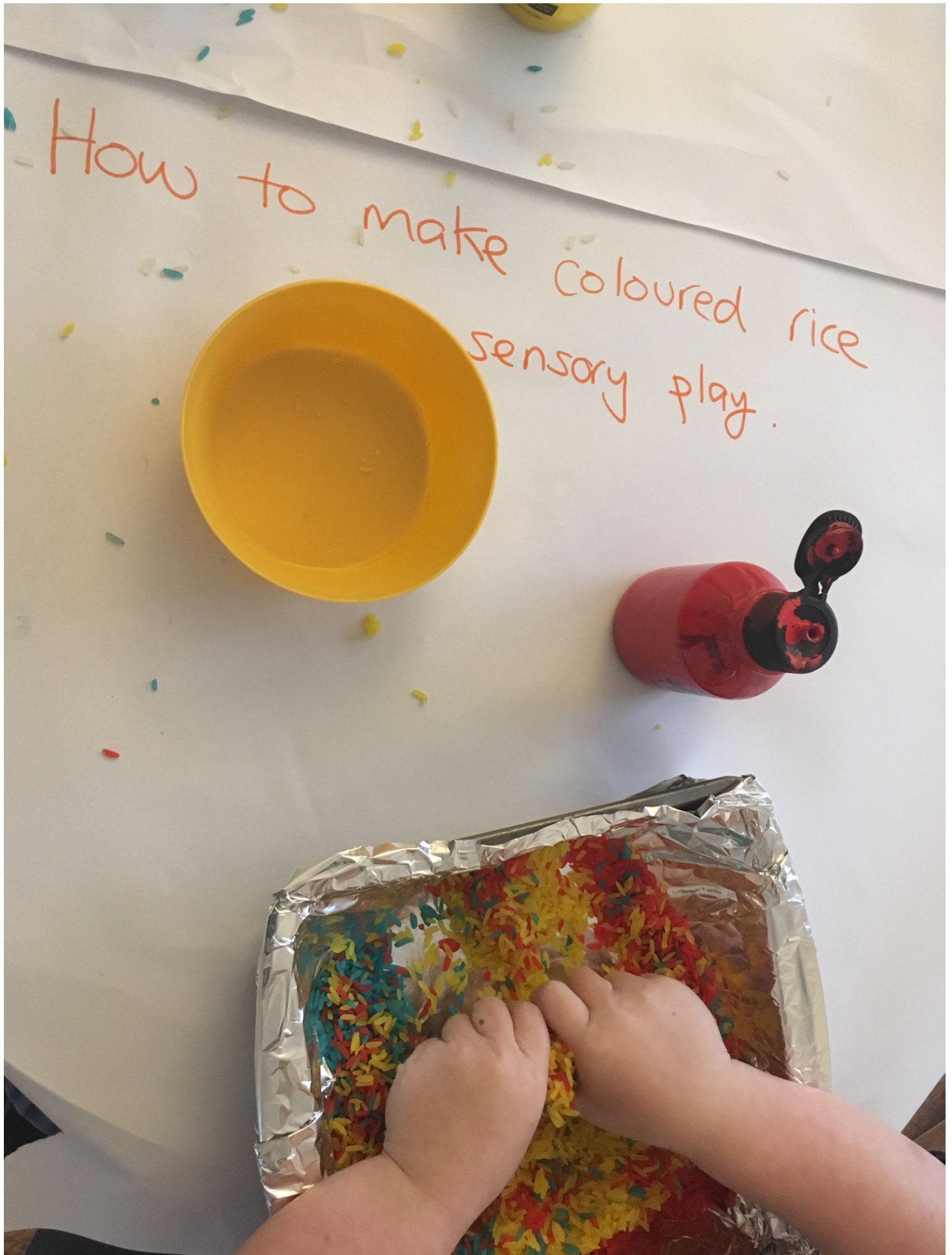


(https://senresourcesblog.files.wordpress.com/2018/10/img_0420.jpg)

Before I explain how, please please please be aware that this is NOT edible! It's just for playing with. Supervise kids when they are playing with this and definitely don't let children who are likely to put things in their mouths play with it please. *And I take no responsibility for it being eaten.* Also it won't last forever and if it gets damp or dirty- throw it out.

What do you need

1. Poster paint
2. Uncooked Rice
3. Zip Lock Bag
4. Tray



(https://senresourcesblog.files.wordpress.com/2018/10/img_0434.jpg)

How to Make It

1. Put some uncooked rice into a zip lock bag
2. Squirt in some poster paint
3. Close the bag
4. Squish the paint onto the rice until covered
5. Put in a bowl/tray to dry
6. Play



(https://senresourcesblog.files.wordpress.com/2018/10/img_0423.jpg)



(https://senresourcesblog.files.wordpress.com/2018/10/img_0431.jpg)

It's unbelievably simple isn't it? Also it dries really quick- a small bowl dries in a few minutes and doesn't rub off on hands.

What skills can children learn with Coloured rice and what are the benefits to playing with it?

- Sensory Play- there are huge benefits for many children to sensory play. It can be relaxing, therapeutic and provide a calming effect.
- Fine Motor Skills- using implements such as tweezers or chop sticks to pick up the rice, this activity really lends itself to tonnes of fine motor skill opportunities.
- Creativity- Children can create pictures and drawings using the rice.
- Literacy & numeracy – this provides a great medium for using fingers to practise forming the letters of the alphabet or numbers.



(https://senresourcesblog.files.wordpress.com/2018/10/img_0440.jpg)

Posted in **Parenting, sensory** Tagged **aeb**sory play, coloured rice, dries fast, easy, how to make, no mess, paints, quick, recipe, without vinegar **3** Comments

3 thoughts on “How to Make Coloured Rice for Sensory Play in 3 Minutes!”

MIKE B SAYS:

October 23, 2018 at 9:18 pm

1. Wow it does look amazing! Must have a go.

Reply

THE SEN RESOURCES BLOG SAYS:

October 25, 2018 at 7:53 am

1. Thank you! Please do- it's really easy. The kids are still playing with it!

Reply

2. Pingback: **Recommended Sensory Toys/Resources for Kids- SEN Resources Blog Sensory Christmas Gift Guide 2018 – Special Educational Needs Resources Blog**

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