

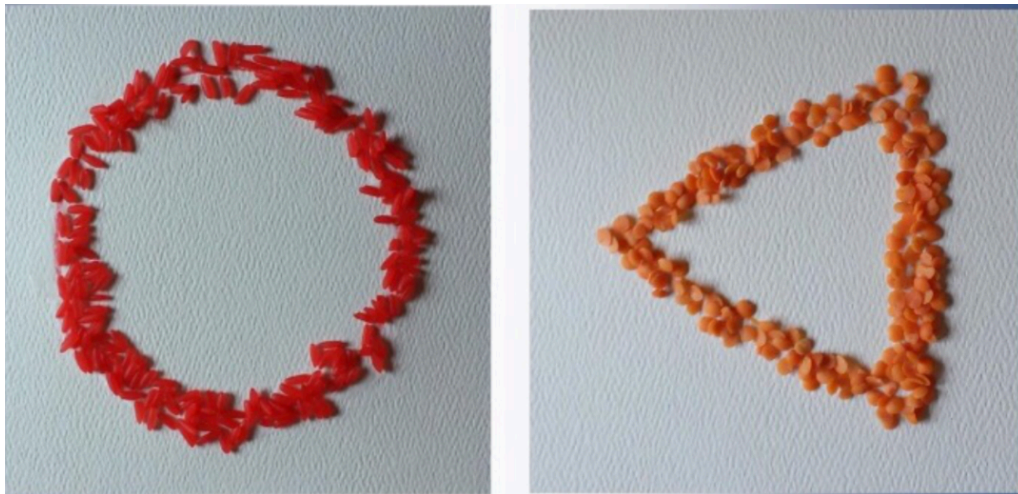
# Special Educational Needs Resources Blog

October 17, 2017April 5, 2018

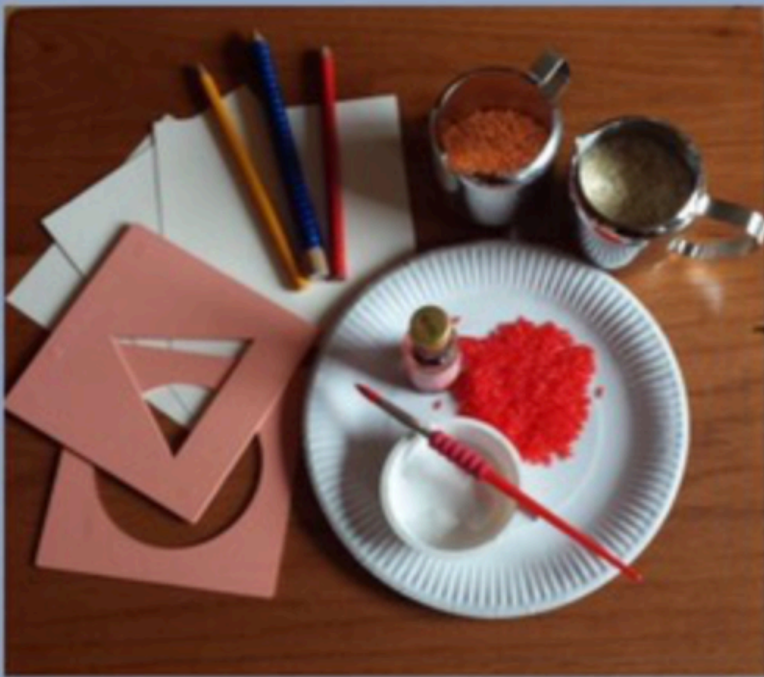
## Let's Have Fun Making Shapes Using Rice and Lentils. Guest Post by Michelle (1stEarlyEd)

**Let's Have Fun Making Shapes Using Rice and Lentils**

Guest Post by Michelle ([www.1stearlyed.com](http://www.1stearlyed.com) (<http://www.1stearlyed.com>))



**Things you might need:**



### **Lentils**

**Rice - To make rice/lentils red you can colour it with some food colouring & water**

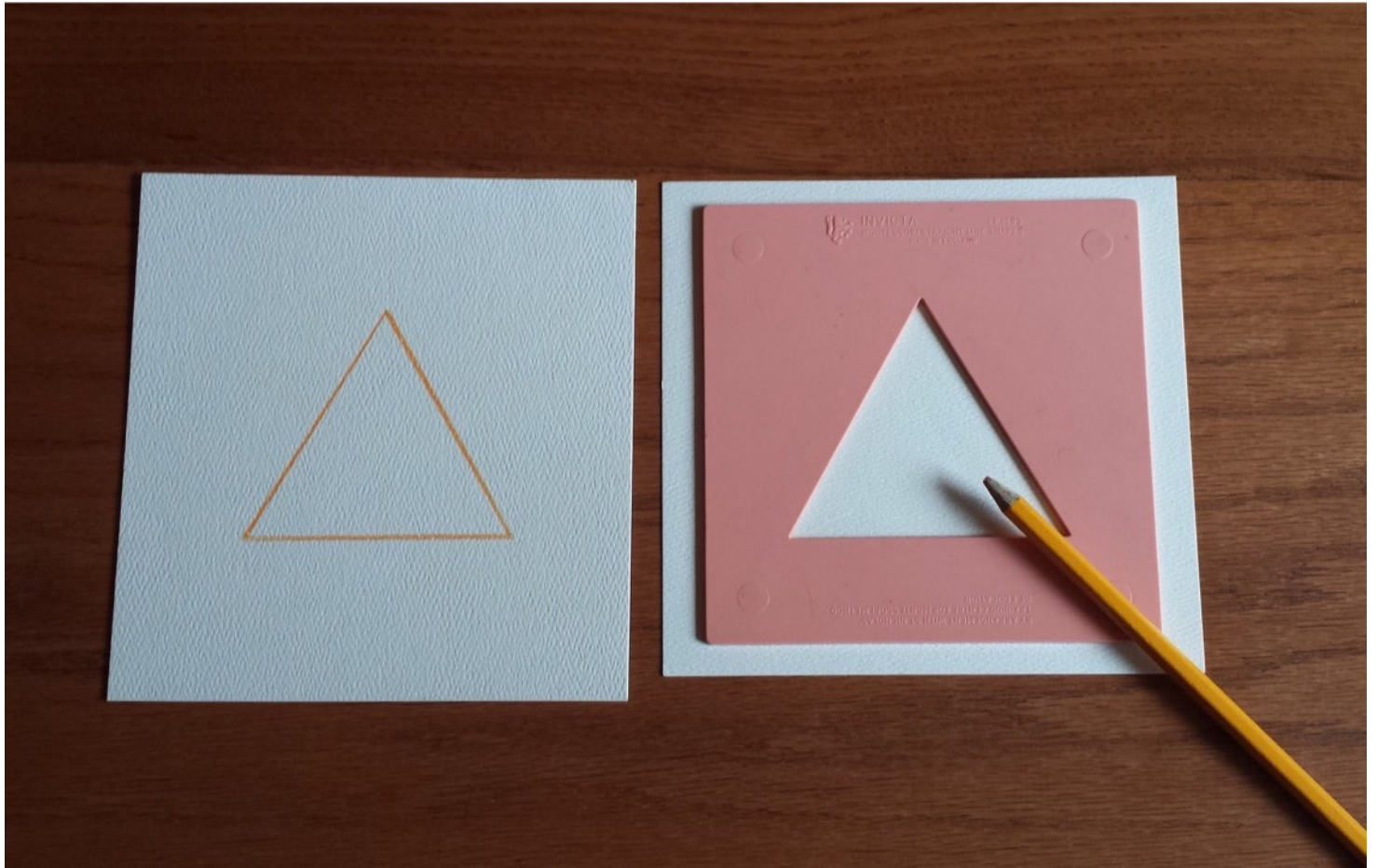
**Non toxic glue with brush or stick**

**Jug to pour lentils—rice**

**Paper plate to catch extra lentils.**

**Card - pencils - inset shapes**

You can draw the circle and triangle in advance or the children can draw the shape. The insets for design are great to use.



([https://senresourcesblog.files.wordpress.com/2017/10/img\\_8603.jpg](https://senresourcesblog.files.wordpress.com/2017/10/img_8603.jpg))

1. Take a brush and go over the outline of the shape with glue. (They may need help with this)





([https://senresourcesblog.files.wordpress.com/2017/10/img\\_8604.jpg](https://senresourcesblog.files.wordpress.com/2017/10/img_8604.jpg))

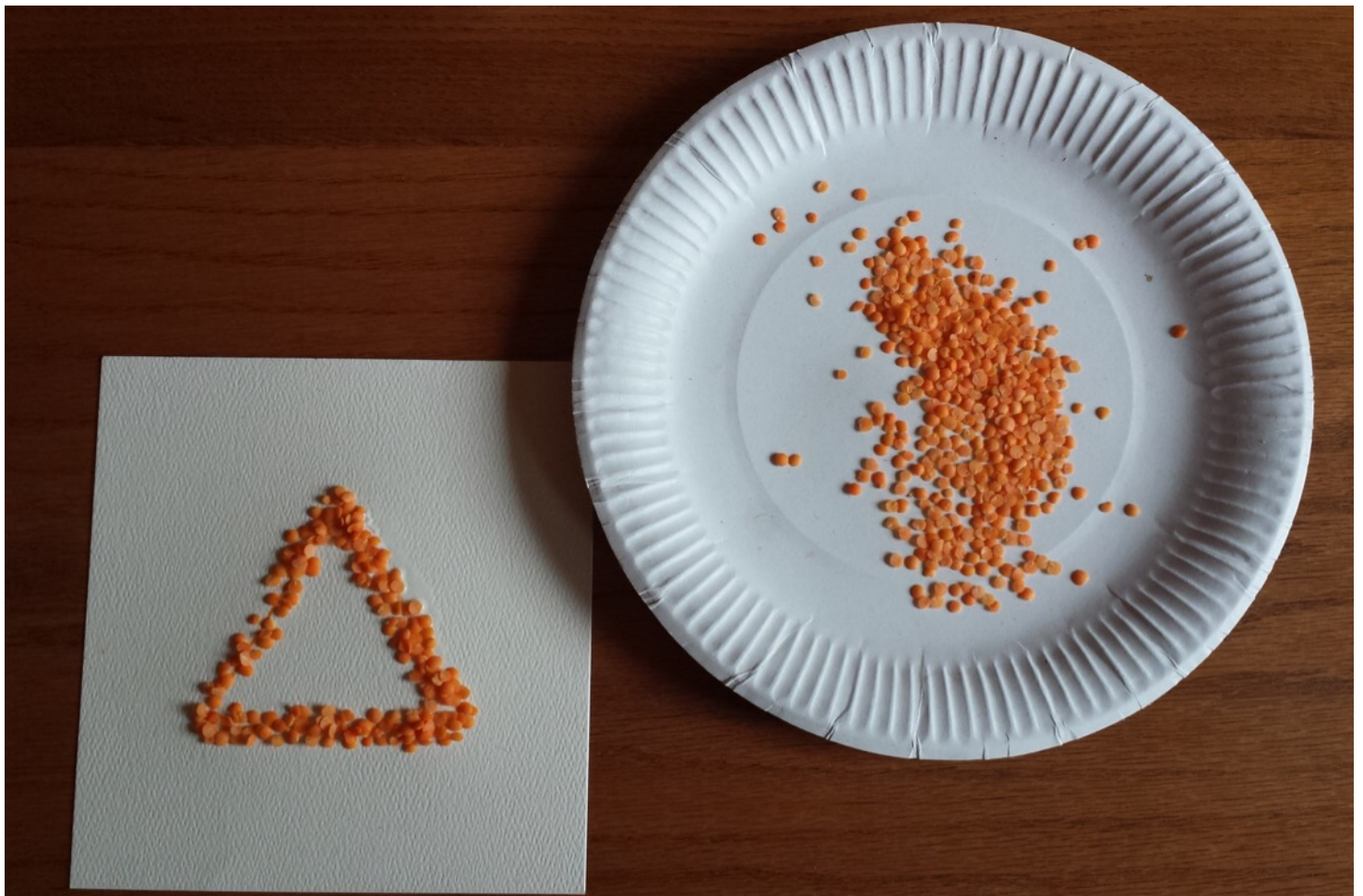
2. Place the card on top of a paper plate/ tray.

3. Now for the really fun part... Pour the lentils/ rice on to the card



([https://senresourcesblog.files.wordpress.com/2017/10/img\\_8605.jpg](https://senresourcesblog.files.wordpress.com/2017/10/img_8605.jpg))

4. And then slowly lift the card and shake the loose lentils in to the plate



([https://senresourcesblog.files.wordpress.com/2017/10/img\\_8606.jpg](https://senresourcesblog.files.wordpress.com/2017/10/img_8606.jpg))

*Little tip – Remember when demonstrating this, do it really slowly because the child will copy your actions but speeded up.*

The children love this part and then they can see the shape appear like magic.

5. The same process is used to make the circle.





([https://senresourcesblog.files.wordpress.com/2017/10/img\\_8607.jpg](https://senresourcesblog.files.wordpress.com/2017/10/img_8607.jpg))

**The lovely thing about this activity is when the shapes are dry the children can trace them using the tips of their fingers. This is a very tactile sensory experience and helps to reinforce learning the shapes.**

A simpler version of the above is to cut out shapes before hand and then the child can cover the whole shape in glue.



([https://senresourcesblog.files.wordpress.com/2017/10/img\\_8608.jpg](https://senresourcesblog.files.wordpress.com/2017/10/img_8608.jpg))

(You can introduce more shapes over time)

- This activity is good for concentration.
- It promotes good hand eye co-ordination.
- May help improve the pincer grasp as the children like to try to pick up the pieces of rice.
- Also using the pencil and brush helps improve fine motor movement.
- Tracing the shape helps them remember it.

*I really hope you and the children enjoy creating lots of shapes.*

*Michelle*

Creator of IstEarlyEd

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Have a look at her brilliant website: [www.1stearlyed.com](http://www.1stearlyed.com) (<http://www.1stearlyed.com>)

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