

Colouring Sensory Rice and Pasta



You will need:

- 2 bags of uncooked rice or pasta
- Vinegar (or substitute with water)
- Food colouring of choice
- 4 - 6 large sandwich bags
- Oven trays lined with baking paper for drying

Instructions:

1. Divide uncooked pasta or rice into the sandwich bags.
2. Add a splash of vinegar (or water) roughly $\frac{1}{2}$ tsp into each bag.
3. Add 15-20 drops of food colouring into each bag then close and gently shake. If not all covered add more colouring to the bag.
4. Empty contents of bag onto baking tray for drying approx 1-3 hours
5. Once dry add to play tray or tub and let kids explore.

We have used sensory play pasta and rice for:

- Fine motor skills
- Colour recognition
- Spelling
- Numbers
- Imaginative play
- Pouring activity with cups and funnel
- Finding objects like hide and seek
- Scented for an extra sensory experience

