

Rainbow Rice

Adult Guidance

You will need:

- white rice
- a baking tray or greaseproof paper
- various colours of paint (fluorescent paint works well)
- small plastic food bags
- a large play tray

Rainbow rice is a great way for children to develop their fine motor skills. Children can explore the texture and colour of the rice with their hands, paintbrushes, glue spreaders and other mark-making tools.

Method

1. Put a cup of white rice into a small plastic bag.
2. Add a small amount of paint to the bag.
3. Seal the bag and move the rice around until all the paint is mixed into the rice.
4. Spread the coloured rice onto a sheet of greaseproof paper or a baking tray. Allow for the paint to fully dry.
5. Make bags of various colours then mix into a large play tray to create rainbow colours.

