

Imaginative Play with Coloured Rice

Children love playing with sand and it also has great educational value. However, it can be expensive and it is an outside activity. For indoor play and as a different medium why not use coloured rice instead?

Put different coloured rice in a bowl or deep tray and add some household utensils like spoons, cups and measuring equipment.

The rice is great to handle and introduces children to a different textures. They can play imaginatively by adding animals; boats etc or they can use the measuring equipment and pretend to cook. All these activities will develop motor skills

Playing together with other children will develop social skills, and the measuring and pouring will develop mathematical skills.

Older children might like to use the rice for art activities like pasting onto paper or card to make a picture or collage.

How to Dye Your Rice

You will need:

White rice

Food colouring (used for cooking)

Method

1. In a small, metal bowl put a cup of rice, add a few drops of food colouring and mix. Either leave the rice in the bowl to dry, stirring occasionally or pour the rice onto a tray and spread out.
2. Put the rice in a plastic bag (make sure that there are no holes!), add the food colouring and shake the bag to mix. Dry out as above.

The rice should keep indefinitely and doesn't need to be stored