

Beckton & Royal Docks Children's Centre Tip Sheet

Sensory play with rice



Resources needed:

Plastic bowl	Rice	Vinegar
Gloves (advisable but not necessary)		
Spoon	Tray	Powder paint

Place a spoonful of paint into the rice, if wearing gloves now would be the best time to put them on, you can either stir with the spoon or use your hands, keep mixing until all the rice is coated, add more paint until you're happy with the colour. Encourage your child to help, discussing the texture of the rice and the colour.

Next add the vinegar 1-2 tbsps this helps to 'set' the colour, it is also has a strong smell, which gives you another opportunity with your child to talk about their senses. When its thoroughly mixed pour out onto a tray and let it dry. You can make lots of different colours.



- This encourages children to manipulate and mould materials, building up their fine motor skills and coordination.
- They use all 5 senses. Toddlers and children process information through their senses. They learn through exploring these.
- Sensory play is unstructured, not product-oriented; it is the purest sense of exploratory learning.
- Self-esteem: sensory play offers kids the opportunity for self-expression because there is no right answer and children feel safe to change or experiment with what they are doing.
- Language development- experimenting with language and trying new words.
- Great for learning colours and sequence of colours in a rainbow.