

Have you ever used "Rainbow Rice" for sensory play? Here's a recipe to make it



Using "Rainbow Rice" for sensory play!

Ingredients:

1 cup of white rice for each colour
1/2 tsp white vinegar for each colour
Food colouring
Plastic container with a lid
Baking sheet or styrofoam tray

Directions:

1. Pour one cup of rice into your container with the lid.
2. Add some food colouring and white vinegar - the more food colouring, the more vibrant the colour.
3. Shake the rice until it is evenly coloured and then spread out on your baking tray to dry.
4. Wash your container thoroughly and repeat with the next colour.

Once dry, store in clean jam jars until you wish to use it for your sensory play.