

Make coloured rice for craft activities and sensory play

Ingredients

- White rice (1 cup for each colour)
- White vinegar (1/2 tablespoon for each colour)
- Food colouring (the more you use the deeper the shade of rice)
- 1 drop of child safe essential oil eg peppermint, lavender or tea tree (to help neutralise the smell of vinegar)
- Plastic container with lid (old margarine / Chinese meal container or ziplock bag)

You will also need something to dry your rice on eg old baking sheets covered in waxed paper.



How to dye rice

- Pour one cup of rice into a container ->
- Add some food colouring, 1 drop of essential oil and 1/2 tsp of vinegar ->



- Put the lid securely on the container or seal the bag ->
- Shake the rice – everyone can take a turn...



When the rice is evenly coloured, spread it out on a tray to dry – if you use waxed paper and leave it in a warm place it will speed up the drying process. I used tissue paper – it was a mistake – the dried rice stuck to the paper and made a mess!



Storing coloured rice

Store in an air-tight container until the children want to use it again.

Risk assessment

- Discourage children from eating rice
- If rice is sneezed / coughed on, throw it away
- Wash hands before and after use
- If any children have hand allergies, use cotton gloves
- Keep containers for this specific use – do not re-use for cooking
- Can be very dangerous if inhaled
- Sweep up after use – dangerous to birds and animals

Make coloured pasta for craft activities and sensory play

Ingredients

- Pasta – hollow to make necklaces, butterfly shape to make butterflies etc... (1 cup for each colour)
- White vinegar
- 1 drop of child safe essential oil eg peppermint, lavender or tea tree (to neutralise the smell of vinegar)
- Plastic container with lid (old margarine container or ziplock bag)
- Food colouring

You will also need something to dry your rice on eg old baking sheets.

How to dye pasta

- Think about what colours the children want to use and set them out ->
- Choose the type pasta you want to use and separate it for the different colours ->
- Mix food colouring and 1 drop of essential oil with a tablespoon of vinegar and stir well (the more food colouring you use = the brighter / deeper the colour of the pasta) ->
- Put the pasta in a plastic container and bag – add the coloured vinegar mixture ->
- Close the container securely ->
- Shake the box or bag – everyone can take a turn...

When the pasta is coloured, spread it out on a tray to dry – it does not take long!

Storing coloured pasta

Store in an air-tight container if not used immediately for craft activities.

Risk assessment

- Discourage children from eating pasta
- If pasta is sneezed / coughed on, throw it away
- Wash hands before and after use
- If any children have hand allergies, use cotton gloves
- Keep containers for this specific use – do not re-use for cooking

Learning outcomes – coloured rice and pasta – main links to Early Years Outcomes

- C & L – children talk about what they are doing and listen to instructions; vocabulary is extended
- Physical – fine and gross motor skills; understanding about risk and dangers
- PSED – sharing and taking turns; sensory activity
- Maths – weights and measures; threading = making patterns
- UW – changes that happen when ingredients are combined
- Art & design – using imagination; being creative