

# STARLIGHT'S RAINBOW RICE

## YOU WILL NEED:

- 2 cups of uncooked rice
- 1 teaspoon of white vinegar, or lemon juice
- Food colouring
- Zip-bags or bowls for mixing
- A spoon for mixing



## METHOD:

- 1. SET UP YOUR SPACE:** Cover your table with newspaper or a plastic cloth. Get your zip-lock bags or bowls ready – one for each colour you'd like to make!
- 2. COLOUR YOUR RICE:** In each zip-lock bag or bowl, add 1 cup of rice. Then, add a few drops of food colouring and ½ teaspoon of vinegar. Seal the bag (if using) and shake it until the rice is evenly coloured. If you're using a bowl, stir well with a spoon.
- 3. DRY THE RICE:** Spread your coloured rice out on baking paper or a tray. Let it dry completely (this usually takes a few hours).
- 4. PLAY WITH YOUR RICE!** Once dry, your rainbow rice is ready to play with! Pour it into a sensory bin, scoop it, mix the colours, or use funnels and cups for pouring fun.

## FUN IDEAS TO EXPLORE RICE:

**EXPERIMENT WITH COLOUR:** Try layering the colours in a jar. Can you make a rainbow? What happens when you mix them all together?

**TREASURE HUNT:** Hide small toys or objects in the rice and let your child dig them out!

**SENSORY EXPLORATION:** Mix in pasta, buttons, or small toys for extra sensory fun.

**EASY CLEANUP:** Store your rainbow rice in an airtight container to use again. If it gets dirty, you can compost it or throw it in the bin. Sweep or vacuum any spilled rice, it's dry and easy to clean up!

## SAFETY FIRST:

All activities should be supervised by an adult. Be sure to check materials for wear, breakage, or choking hazards, especially with younger children. Always follow age-appropriate guidance and clean up after play.



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**STARLIGHT**

TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

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