

# Coloured Rice

Ages 2+

## Benefits of Rice Play

Playing with rice helps children to strengthen and develop their fine motor skills, and eye hand coordination. When used in pretend play it engages their imaginations and language. Rice can be picked up in the hands, poured through fingers or funnels, a single grain picked up with a finger and thumb or scooped etc. Rice play can also be used for pretend play if you add a pot and spoon to 'cook' with, or add some of their favourite toys such as dinosaurs to make a 'small world' in the rice.



Add some rice to a container (or bag)



Add some food colouring mixed in a little water



Put the lid on and shake



Lie the rice on a tray to dry



Put it in a tub to play with adding cups, funnels, spoons, toys etc