

Rainbow Sensory Rice Tray

ACTIVITY



This vibrant rainbow rice sensory tray is a fun way for little ones to explore textures and colours. Perfect for toddlers or sensory kids!

Shopping List



1.

Measure out your rice in equal amounts for each colour and pour them into a zip lock bag. Add in a big blob of paint, close the bag securely and shake until the rice is covered, adding more paint if necessary.



2.

Tip the wet rice onto a lined baking tray (Nanny Fizz uses clingfilm) and leave to dry. Wash out your bags as these will become storage!



3.

Once the rice is dry, bag up and you're ready to use for your rainbow sensory tray.



4.

For this tray, Nanny Fizz mixes the rice up, adds a vanish scoop, coloured lolly sticks and some different bowls for mixing and pouring.

