Quiet Time Activity For Kids:



Rainbow Rice Sensory Bin

I always thought that making rainbow rice would be complicated, but it's actually very easy, and it dries in about 1 hour or less.

It looks so much more fun to play with rainbow rice than with plain rice and you can keep it, so your kids can play with it again and again.

What you'll need

- Food Coloring
- Plastic Zip Lock Bags
- Rice

Kids will learn about:

Sensory Colour Recognition Creativity

Categories:

Quiet Time Sensory Indoor

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Steps

- 1. Gather all the supplies
- 2. Dye the rice and let it dry.

Dye the rice and let it dry. Add 1 cup of rice in a zip lock bag, add half teaspoon vinegar and food coloring. Let it dry.

Add the dried rice to a sensory bin and give it to your kids to play