

## COLOURED RICE

Some cheap rice  
A bottle of food colouring

Combine these in a big bowl and allow to dry thoroughly

Use large trays.

Roasting tins are ideal because they have deep sides, preventing spillage

Unused cat litter trays would be the right size but the metallic quality of roasting

Tins is more satisfying to work with.

Introduce tiny items e.g.

Teaspoons

Eggcups

Tiny bottles or bowls

Matchboxes

Small white stones

Fine sticks

Funnels ..... make your own paper pokes

Tiny sea shells

Cake decorations ... silver balls ... sugar flowers

I keep the rice in vases on the windowsill. It is decorative and to hand when someone wants to play.

Children enjoy pouring, filling, running it through their fingers.

Like dough, it's very therapeutic. You will want to play yourself!



Ruth Millar NICMA