

Dyed Rice

by Amelia Schrader
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Length:

- Set up: 5 minutes
- Inactive: 1-2 hours
- Play time: Unlimited!

Materials

- 1 cup of uncooked rice
- 1 TBSP white vinegar
- Food coloring (color of your choice)
- Paper towel
- Tray

Academic Subject(s):

- Sensory Motor, Science, Fine Motor, Gross Motor

This lesson supports areas of Early Childhood Development & PreK Curriculum:

- Understanding of cause and effect - i.e. adding the blue food coloring makes the rice blue. (36-60 months)
- PreK Standards: Counting to tell the number of objects, acquire knowledge about the physical properties of the world and visual arts.

Directions:



Step 1:

Measure 1 cup of uncooked rice into a container with a lid or plastic bag.

Extra Learning Tip!

If your kiddo is learning color mixing use this activity as an opportunity to mix primary colors to make secondary colors! Don't just use purple food dye, mix blue and red instead!



Step 2:

Measure 1TBSP of white vinegar and add this to the uncooked rice. Add desired amount of food coloring to the bag as well. The more food coloring you add the more vibrant the color will appear.



Step 3:

Secure the lid on top or zip the plastic bag closed and vigorously shake the container until all the rice is dyed.



Step 4:

Lay paper towel out on a clean, dry tray. Pour the now colored rice onto the tray and allow it to dry for 1-2 hours.



Step 5: Once the rice is dry you can use it for anything – art projects, sensory bins, shaker bottles – the possibilities are endless!

This is a great recipe to make along side your child. Encourage them to help you measure, pour and shake! We recommend doing this project just before lunch or a rest time so when they are fed, awake and active again the rice will be dry and ready for play!

Continue to follow our blog for more lessons and ideas on how to use your dyed rice!

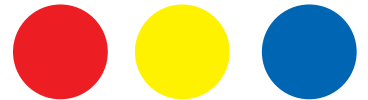
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Vocabulary Words:

Primary Colors:

These colors cannot be created by mixing together other colors. The primary colors are red, yellow and blue.



Secondary Colors:

These colors are created by mixing together two primary colors. The secondary colors are orange, green and purple. Orange is created by mixing red and yellow. Green is created by mixing blue and yellow. Purple is created by mixing blue and red.

