Coloured Rice

For a really unusual art project, close the art supply cabinet, and crack open the pantry!
This activity lets children use coloured rice to make pictures.

Not only will it make for a fun project, but it will work your child’s pincer grasp, and help prepare them for proper pencil holding.

INSTRUCTIONS:

1. **Colour the rice:**
   In a large bowl mix 1 cup of rice with a half teaspoon of vingear, plus a few drops of the food colouring of your choice (more drops mean richer colour). Lay the rice on a large flat tray to dry.
   (This could take as long as one day, in a humid climate, or as short as 5-6 hours, in a hot and dry location.) Repeat with as many colours as you’d like.

2. **Prepare the paper:**
   Draw a basic picture on the paper, using a waterproof marker. Or, if you’d prefer, use a page from a colouring book.

3. **Glue the rice:** Generously paint one area of the picture with glue. Then show your child how to place the rice, piece by piece, onto it. Until the glue dries completely, it will move around, allowing your child to tweak the picture as needed during the process.

   Your child can lay the rice in rows or patterns to make a more elaborate picture, or add the rice in a more impromptu fashion. As they finish each section, paint another area with glue and continue, until the picture is complete.

   When the picture is finished, it’s time for a glue shower! To be sure that the rice will remain stuck, pour a coating of glue over the picture and allow it to dry overnight.

   **Remember that placing the rice down piece by piece is what makes this a small motor activity. If your child gets tired and starts scooping it onto the page, stop and come back to it at another time.**

Materials:
- Uncooked rice
- Vinegar
- Food colouring in several shades
- Glue Paper

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