

RAINBOW RICE BIN

SCOOP. POUR. DISCOVER. PLAY!

A colourful sensory play activity that invites toddlers to explore, imagine and learn through hands-on fun!

Tiny grains, BIG learning and endless fun!



RECOMMENDED AGE
AGE
1-5 years



TIME
20-40 minutes



MESS LEVEL
★★★★☆
Medium mess
(easy to clean up!)



WHAT YOU'LL NEED

- Uncooked white rice
- Food colouring
- White vinegar
- Ziplock bags or containers (with lids)
- Large sensory bin or tub
- Scoops, cups, spoons, funnels
- Small toys or loose parts (optional)
- Measuring cups



Tip: You can also add tongs, whisks or small sieves for extra fun!



SKILLS DEVELOPED

- ✓ Fine motor skills
- ✓ Hand-eye coordination
- ✓ Sensory exploration
- ✓ Colour recognition
- ✓ Problem solving
- ✓ Counting and sorting
- ✓ Creativity and imagination
- ✓ Focus and concentration
- ✓ Early maths skills
- ✓ Independence and confidence



HOW TO PREPARE THE RICE

- 1 Measure 1 cup of rice into a ziplock bag.
- 2 Add 10-15 drops of food colouring.
- 3 Add 1 teaspoon of white vinegar.
- 4 Seal the bag and shake or knead until the rice is evenly coloured.
- 5 Spread the rice out on a tray or baking paper to dry completely (15-30 minutes).
- 6 Repeat for each colour of the rainbow.

COLOURS OF THE RAINBOW



PLAY IDEAS



Scoop and pour from one cup to another.



Use a funnel to fill bottles or jars.



Hide small toys and go on a treasure hunt!



Sort the colours into cups or containers.



Practice counting and number recognition.



Create patterns and colour pictures.

HOW TO SET UP

- 1 Place the dried rainbow rice into a large bin or tub.
- 2 Add scoops, cups, tools and toys.
- 3 Sit with your toddler and introduce the materials.
- 4 Let them explore freely and follow their lead.



TIPS & EXTRAS

- ✓ Store rice in airtight containers or ziplock bags.
- ✓ Add different textures (pasta, beans, pom poms).
- ✓ Use themed toys (animals, dinosaurs, cars).
- ✓ Great for quiet time or independent play!



SAFETY FIRST

- ✓ Always supervise your child.
- ✓ Rice is not for eating.
- ✓ Keep small items out of reach for younger toddlers.
- ✓ Check for allergies if using food colouring.



CHAOS TIP

Embrace the mess and the magic! Sensory play doesn't have to be perfect—it just has to be playful!



LEARNING THROUGH PLAY

While playing with the rice, your toddler is learning:

- ✓ Cause and effect
- ✓ Sensory processing
- ✓ Early maths concepts
- ✓ Language development
- ✓ Creativity
- ✓ Independence



SHARE YOUR FUN!

We'd love to see your little one enjoying their Rainbow Rice Bin!

Tag @ToddlerChaosCo on Facebook or Instagram.

#ToddlerChaosCo

Every grain of rice is a chance to learn, imagine and grow!