

SENSORY RICE TRAY



GREAT FOR EXPLORING DIFFERENT TEXTURES AND SOUNDS AND
DEVELOPING FINE MOTOR SKILLS.

WHAT YOU NEED: (JUST CHOOSE A COMBINATION OF WHATEVER YOU HAVE IN THE CUPBOARD
THAT YOU CAN SPARE FOR PLAY)

DRIED (UNCOOKED) RICE

SPLIT LENTILS

DRIED SPLIT PEAS

DRIED PASTA SHAPE

Find a large plastic container , bowl or shallow box.

Add your combination of dried rice, pasta or pulses.

The sensory tray on its own is great to play with but
you can add all sorts for creative and imaginative
play and exploring.

Try: Toy cups and plates , jugs, spoons and scoops,
toilet roll inserts, plastic flowers and small plant
pots, diggers, dinosaurs, stacking blocks, coconut
shells , pine cones etc....

EXPERIMENT AND SEE HOW THE RICE MAKES A DIFFERENT SOUND
IF YOU TRICKLE IT ON TO AN OBJECT, HOW IT FEELS WHEN IT
TRICKLES THROUGH YOUR FINGERS.



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