



Rainbow Chickpeas

What you will need –

- Can of chickpeas
- Sandwich bags
- Water based paint
- Plastic tray/ large bowl
- Scoops/ spoons for exploration



Optional Extras: Glitter, small toys, or sensory items like pom-poms for more texture and fun

Method:

1. Drain and dry the chickpeas - you can roast the chickpeas if easier
(Don't forget to keep chickpea water for your edible soap activity)
2. Once dry add the chickpeas to a sandwich bag
3. Add in your chosen coloured paint, seal and shake – make a game from the shaking activity
4. You can make as many different colours as you wish, we recommend a full range of rainbow colours for a fully immersive experience
5. You can also add glitter or anything else you wish
6. Lay the chickpeas out on a flat sheet or paper to allow them to dry fully
7. Once dry you are ready to play with your rainbow chickpeas



Benefits:

- **Develop Fine Motor Skills:** By scooping, pouring, and sorting materials, children refine hand-eye coordination and dexterity.
- **Stimulate the Senses:** Sensory bins engage the sense of touch, sight, and sometimes smell, creating a multi-sensory learning experience.
- **Enhance Cognitive Skills:** Sorting, categorizing, and discovering hidden objects encourage problem-solving and critical thinking.
- **Support Emotional Regulation:** The calm, repetitive actions in a sensory bin can help children focus and relax.

Incorporate Learning Activities

- **Colour Sorting:** Sort the chickpeas by colour, reinforcing their understanding of colour recognition.
- **Counting and Math:** Count the number of chickpeas in each colour section or create patterns and sequences.
- **Hidden Object Search:** Hide small toys or alphabet letters in the chickpeas to find.



Don't forget to keep all your chickpeas for your
Chickpea Rainmaker activity