

Love Letters Sensory Bin

What you will need –

- Plastic tub or large shallow container
- Rice
- Mini marshmallow (optional)
- Red & pink food colouring
- Zip lock bag
- Paper
- Pens
- Spoons or tongs



Method:

1. Make your coloured rice using the following instructions:
 - Add uncooked rice to zip lock bag
 - Pour in a small amount of food colouring
 - If required, add a small drop of water or vinegar to help the colour stick to the rice
 - Lock the bag and mix well
 - Leave to dry
2. Once the rice is dry, add to your tub or container
3. Write your love letters and place in the tray
4. Add marshmallows if using
5. Your sensory bin is now ready to play with

Benefits:

- Develop fine motor skills by using hands, holding spoon or tongs whilst exploring sensory bin
- It is a great activity to explore touch through messy play
- This is a fun way to explore hand washing and cleaning
- By adding love letters offers opportunity to hide and search for these in the sensory tray

