

# How to Make the Perfect Rainbow Additions for Your Sensory Tray



## How to Make Rainbow Rice/Pasta/Chickpeas/Shredded Coconut/Shredded Paper/Oats

You will need:

White rice/pasta/chickpeas/  
shredded coconut/shredded  
paper/oats

Liquid watercolour paint or food  
colouring

Zipper storage bags

Plates

### Method

- Pour the product you are using into a zipper storage bag.
- Decide on a colour for that bag and add either liquid watercolour paint or food colouring.
- Give the bag a good shake to cover all the contents in colour. If you can still see white parts, add some more colouring.
- Once the colour has sufficiently covered the contents, pour them onto a paper plate to dry.
- Once they are dry they are ready to be used in your play.

## How to Dye Epsom Salts

You will need:

Epsom salts

Liquid watercolour paint or food  
colouring

Zipper storage bags

### Method

- Pour the desired amount of salts into a zipper storage bags.
- Add a generous amount of colour and seal the bag.
- Once the bag is sealed, shake it well so all the salts absorb the colour.
- If the colour isn't vibrant enough, add some more colouring.
- Lay the salts on a flat surface to dry.
- The drying process could take about 2 hours.

**This is not recommended for play for babies or toddlers since epsom salts should not be ingested by children.**

## How to Dye Hay

You will need:

Natural hay

White household vinegar

Food colouring

Zipper storage bags

Newspaper

### Method

- Add hay to the zipper storage bags and then pull the hay apart so the colouring can spread easily.
- Add 5-6 tablespoons of white household vinegar and 10-20 drops of food colouring to each bag.
- Seal, shake and flip the bag a few times.
- While sealed, pull the hay mixture apart to make sure the liquid colour mixture inside the bag covers the hay.
- Leave in the bag for 10-20 minutes but continue to give it a shake every couple of minutes.
- Finally, take the hay out of the bag and leave to dry on a flat surface for about an hour.

## How to Dye Corn Kernels

You will need:

Water  
Vinegar  
Food colouring  
Zipper storage bags  
Plate  
Cup/container

## Method

- Partially fill a cup or container with water.
- Add about a tablespoon of vinegar.
- Add desired amount of food colouring to the water/vinegar mixture.
- Swish the contents to distribute the colour.
- Put corn kernels in a zipper storage bag
- Then pour the liquid over the kernels.
- Allow to sit for a few hours to let the colour soak in.
- Remove the kernels from the bag using a slotted spoon and leave to dry on a plate.

## How to Dye Rice/Noodles/ Cooked Spaghetti

You will need:

Rice/noodles/spaghetti  
Water  
Saucepan  
Zipper storage bags  
Vinegar  
Food colouring  
Plates  
Paper towels

## Method

- Cook the rice/noodles/spaghetti in a saucepan of boiling water then leave to cool for a while.
- Split the contents into piles according to how many different colours you are going to make and put them in individual zipper storage bags.
- Add a splash of vinegar to each bag and about 10 drops of food colouring.
- Shake and squish the bags of rice/noodles/spaghetti until they look evenly coated.
- Leave them to dry on a plate for about an hour and then pat them dry with a paper towel.
- Leave the rice/noodles/spaghetti to dry long enough for the colour not to rub off on your hands but still wet for playing with. Note: when the noodles are completely dry they have a very different feel and will break easily; squishy, wet noodles/spaghetti are more fun!

## How to Dye Egg Shells

You will need:

Washing up facilities  
Egg shells  
Oven  
Baking tray  
Vinegar  
Zipper storage bags  
Food colouring

## Method

- Wash the egg shells in soapy water, making sure all of the inside is cleaned.
- Once all the eggs are clean, put them in the oven and dry them in the oven on the lowest heat.
- When they are dry, separate the eggs into zipper storage bags and crush them down a bit.
- Cover the eggs with vinegar.
- Add a teaspoon of food colouring to each bag (add more for a deeper colour).
- Give the bags a shake every few hours and leave to stand overnight.
- Drain off the colouring and vinegar the next morning and bake the shells in a baking tray in the oven on a low heat.