

## Peppermint colored rice (Sensory play)

Materials needed:

- Rice (Regular rice, not quick cooking. A cheap brand is fine.)
- Rubbing alcohol (or vinegar)
- Food coloring
- Peppermint essential oil or peppermint extract
- A large glass bowl for mixing
- Paper towels to dry the rice on

Color the rice in 3 cup batches. For each batch I mixed 1 Tablespoon of rubbing alcohol with 15 drops of food coloring in a ziplock bag. Then add 3 cups of rice to the ziplock bag, closed the bag, shake it up and knead it with your hands until the rice has color.

Once the color is all mixed, add to the zip lock bag for each batch and shake up with either:

2-3 drops of peppermint oil or ½ tsp peppermint extract

Then spread the rice on paper towels on a cookie sheet to dry. Once the rice is dry, the food coloring will not come off on hands and it does not smell like alcohol.

When finished put in a closed container to store until you are ready to play. When you open the container, you should smell the peppermint. If not, you can add some more peppermint oil or extract.

Items to add to the peppermint rice: small stockings, spoons, fake candy canes, scoops, little trinkets to hide in the rice and find, little plastic ornaments, muffin tin, bowl. Use your imagination