

Three Different Ways to Decorate Eggs

Decorating Eggs Three Ways –

Decorating eggs can feel like an overwhelming activity with littles. But there are some great, creative ways to help the youngest artists get involved in the fun! It does take some prep and planning – but the discovery through play is fantastic to watch as your little artist explores! **Remember decorating eggs should be supervised by an adult.**

First Way - Rice Shaking Eggs!

Materials Needed:

Hard-boiled eggs – cooked and cooled (recipe for hard-boiled eggs below).

Rice (uncooked and dry) – about 1-2 cups per bag – get a big bag if you want to do a variety of different colors.

Food coloring –the gel colorant is a good option as it will not get absorbed as quickly as the liquid food coloring into the rice. I would explore both options.

Ziploc type bags (one per color) to bounce the egg around in (you could also use plastic containers with lids).

Gloves are optional and for the adults to keep your hand free of the food dye.



How to: Place about 1 cup of dry rice into the plastic bag. Squeeze a liberal amount – 3 drops or more of food coloring. Mix the gel color thoroughly to coat all the rice. Occasionally the gel food coloring may get ‘gloppy.’ You can add a few drops of white vinegar into the bag to ‘thin’ out the gel. The white vinegar will dry away, and you will not smell it later.

Developmentally this activity encourages language opportunities through actions: shaking, rolling, open, close. Using gestures, sounds, and words to request colors, to help, to decorate more. Building confidence, fine motor, and gross motor skills – helping to close, putting an egg in and out, and even peeling the eggs to eat as a snack encourages additional skill development.

Links below have examples of how to set up for these activities:

[How to Dye Easter Eggs with Rice and a Rice Sensory Bin Idea - Becoming Schultz](#)

Second Way - Tie Dye Eggs – with baby wipes!

Materials Needed: Hard-boiled eggs (recipe at the bottom of this handout), baby wipes, twist ties or rubber bands, washable markers.

How-to: Cut baby wipes in half. Let your little color on the baby wipe with the markers; the more color the better! Wrap the hard-boiled egg in the colored baby wipe. Secure with a twist tie or rubber bands. Leave the eggs wrapped overnight. The color will bleed through to the egg. Once the baby wipe is dry, the process is done; however, you can remove the wipes earlier if you wish.

Developmentally this activity encourages: This activity inspires a lot of language opportunities through actions: circles, scribble, long lines, dot, dot, dot. Using gestures, sounds, and words to request colors, to help, to decorate more. Building confidence, fine motor, and gross motor skills are encouraged through this activity; helping to close lids on pens, putting an egg in and out of the baby wipes, and even peeling the eggs to eat as a snack.



[Tie Dye Easter Eggs: Easy Egg Decorating for Kids - \(alittlepinchofperfect.com\)](http://alittlepinchofperfect.com)



Third Way - Cool Whip Decorated Eggs (2 ways!)

You may have seen the idea of using shaving cream to do this activity. However, when using shaving cream, the eggs become uneatable. This updated version uses whip cream instead, which is a fun and yummy option! Remember, this is an experience based in play and exploring. Learning happens when playing is our focus.

Materials Needed: Vinegar, Cool Whip – 1L tub, if using more bowls, you may need 2, Liquid Food Hard-boiled eggs, small bowls, or Ziploc bags

OPTIONAL - Rubber Gloves or Disposable Gloves for the adults.

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How to: First hard boil your eggs (recipe at the bottom of this handout). While eggs are boiling, add white vinegar to a cup. When eggs have cooled, soak each egg for 3 minutes in the white vinegar; this allows the colors to be more vibrant when you are coloring them. You do not have to do this step; know your colors will be more muted or lighter. Next, add Cool Whip to a bowl. Add a few drops of food coloring to each bowl. You can keep the colors simple or add a few dots of 2-3 colors to get a swirl effect. Use a spoon or toothpick to mix the color through the Cool Whip until you have your desired color. Add eggs – one at a time – to the bowl and push them around to get them covered in each color. The recommendation is 10 minutes in each color to achieve optimum brightness.

You can use a Ziploc bag for this step as well – especially for little hands which may need some extra support or may not be excited to get their fingers messy just yet. Since you are using Cool Whip and food coloring, this project is safe to ingest – and you may find little fingers licking more than rolling 😊

Developmentally this activity encourages language opportunities through actions: rolling, dipping, shake, shake, shake, gentle, in/out, open/close. Using gestures, sounds, and words to request colors, to help, to decorate more. Building confidence, fine motor, and gross motor skills.

“Is this activity messy – oh, yes.” As a mom to a child who was always ready to get messy, and I was not, I had to learn to meet her where she was. I made sure to have towels at the ready, protect the tables, be prepared for a full-contact experience, and a bath afterward to clean her up. I can assure you – she remembers every messy, silly, and crazy activity we did, and she is 12 now. **Memories can be tied to emotions.** Silly, happy, and fun are emotions that will help support your child's growth in many developmental areas.

[Cool Whip Easter Eggs - The Best Ideas for Kids](#)



Recipe – Hard-boiled eggs

Place eggs in a large pot (with enough room for water to be around the eggs and on top of the eggs).

Fill the pot with water enough to barely cover the eggs.

Add a splash of White Vinegar to the water.

Put a lid on top, turn on the burner and bring water to a boil.

Once the water begins to boil, turn off the heat and set a timer for 16 minutes. Leave the lid of the pot on and let the eggs cook in hot water.

When the timer goes off, pour hot water out and add cool water to stop the cooking – repeat this a few times to cool down the eggs.

Store hard-boiled eggs in the fridge until ready to decorate. Put back in the refrigerator until ready to eat. Peel and enjoy. Kids love to help ‘smash and roll’ eggs to peel them.