



Note: Please supervise these activities with your child at all times.

Name of Lesson/Programme:

Rice play

Yoga and Sensory Work
Part 1: Sensory Activities
Lesson Number: 2

Purpose:

Sensory activity

Materials Required:

1. This is a table top activity. You will need a large bowl filled with some dry rice.
2. Spoons, plastic cups or toy animals/figures/cars

How to:

You will need the child to sit at a table next to you or opposite you. You will need to sit close enough to the child to help them direct the activity if necessary.

1. Have rice in a large bowl or plastic container ready to go.
2. Sit at the table with your child and encourage them to play with the contents with their hands, spoon or cups.
3. This activity can also be done outside in the garden supervised.
4. You can also add some of your child's small toys to play with such as cars, peppa figures or farm animals.
5. Once the activity is completed you can store the rice contents in a plastic container (lunch box) and keep it safe for another day.
6. Throw away contents once you are unable to use and start over with some new rice.