

## **Rice**

Like lentils and seeds, rice has a wonderful, almost liquid quality which participants enjoy exploring with all their senses. In large quantities it can be accessed in a number of ways by a whole group at the same time. Being white it glows brightly in the light and looks good against a black cloth background, which also makes it easier to gather when finished. It also looks amazing when lit with different colours. If you don't have coloured lights, it is easy to dye the grains. Add brightly coloured ready mix paint to rice in zipped freezer bags, then spread on trays to dry, for a multi-coloured sensory treat.

Revealing rice through a swinging tube has proved a great way of focusing attention and creating patterns. A good sized rice swinger can be made from a heavy duty cardboard tube about 60cm long and 12cm in diameter. Tape a disc of cardboard over one end and bore a hole in the centre about 1cm in diameter. Block the hole with a cut down cork or dowel. Hang the other end of the swinger from as high a point as you can with nylon cord or cotton washing line. Fill with rice, pull back, remove the cork and let go! Hung over a black cloth it produces a continuous series of loops and you can easily gather the rice afterwards. Placed over tambours, chimes or singing bowls the rice creates both sound and motion. The swinger also works well with lentils and seeds.

Several other ways of using this resource:

- Watch the fluid nature of rice as it streams and pours from one container to another, or onto the floor.
- Feel it run through fingers and toes or bury hands and feet, watching the rice move as fingers and toes wriggle and appear.
- Form rice into patterns and lines on the floor.
- Gather in bowls and pour into different sounding containers and onto instruments, adding aural effects for those with sight impairment.
- Sprinkle into tambours - rolling it around it sounds like rain, shake and shuffle it, create rhythms, tap underneath and see it jump and fly into the air.
- Use within a theme: combine with fish lures, noodles and chopsticks to create a multisensory Japanese restaurant, coloured purple it looks like lavender seeds, blue for a Starry Night, or reinforce colours of a theme i.e. French flag - red, white and blue.

## **Links**

Feasting (Activity)

Workshops - Buddhist Monk, Temping in Tokyo, Monument, Starry Night

## **Videos**

Rice

Rice and drum

Blue rice patterns

Rice painting