Sensory Writing Tray

A picture containing table, food, beverage

Description automatically generated

**Purpose**: to help kids write their letters and alphabet in a way fun away while experiencing different sensations.

**Supplies**:

* letter or number cards
* rice or beads or shaving cream
* shallow tray or bowl
* paintbrush (optional)

**Steps**:

1. Set up your sensory writing tray by filling a tray with a thin layer of rice.
   1. Make sure you don't add too much, you want to see the bottom of the tray when you draw in the rice.
2. Using a finger or a paintbrush write a letter in the rice.
   1. The colour from the bottom of the tray shows through so you can see the letter you have written (a white tray works well).
3. After each letter or number shake the tray to reset the rainbow rice and off you go again!

For more information go to: <https://www.messylittlemonster.com/2020/04/sensory-writing-tray-for-handwriting-practice.html>