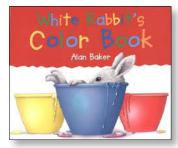


Rainbow ice

Let's play and talk together

- Put out several clear jars of water and some food colouring.
- Invite your child to put a few drops of food colouring into each jar of water. Use one colour for each jar.
- Talk about what you see happening as the food colouring mixes with the water.
- Help your child pour each jar of coloured water into a different ice cube tray. Put the trays into the freezer for several hours.
- When the cubes are frozen, put some fresh warm water into the clear jars. Then add different coloured ice cubes into the jars. Talk about how the colours change as they mix.
- Encourage your child to try mixing different coloured ice cubes into the same jar to see what happens.

A good read-together book



White Rabbit's Color Book by Alan Baker

This activity is good for learning colour words, watching carefully and talking about how colours change.

You will need food colouring in different colours, several clear jars or glasses and one ice cube tray for each colour.



Hints for success

- Show your child how to stir the food colouring gently into the water, then let your child take a turn.
- Get the ice cubes ready in the evening so they can freeze overnight.







More ideas for Rainbow ice

Try this way

- Help your child make ice cubes of different colours to add to drinking water on a hot day.
- Collect scraps of different coloured cellophane paper. Show your child how to make new colours by putting two scraps of different coloured cellophane together and holding them to the light.
- Read the book Mouse Paint together. Talk about how the mice made different colours with paint. Make some finger paint and experiment with colours.

Book link

Mouse Paint by Ellen Stoll Walsh



Art

Help your child cut out scraps of different coloured cellophane wrapping paper and glue them onto a piece of clear plastic packaging. Experiment with putting scraps together to make different colours.



LEAP BC[™] is a set of resources for healthy child development which includes Hop, Move, Talk and Food Flair. www.leapbc.decoda.ca