



GET CREATIVE



30 MINUTES



PREPARATION
NEEDED

SLOW MOTION RICE ART



GETTING INTO THE ACTIVITY

As seen on TikTok, create a piece of art using rice and a slow-motion camera. What design will you choose?

Slow motion rice art has been popping up all over TikTok and other social media platforms. If you haven't seen it before, check out this video for some examples - https://youtu.be/igZBtatDg_s

You can use white rice, or if you want different colours then you'll need to dye the rice. This would need to be done beforehand to allow the rice to dry. To dye rice you'll need 1 tsp of white vinegar for every 150-200g of rice and some food colouring. Mix it all together in a food bag and then leave it to dry on a sheet of kitchen roll for at least an hour.

Creating the Design: Your design doesn't need to be complicated, you could go for a simple shape or spell out your name or other word. Lay the rice on a flat board / tray. Use your hands to make the design as detailed as you want it. Once complete spin your board around, so the design is facing the camera. Carefully flip the board up in the air, tilt it up slightly and quickly bring the board back down, whilst filming using the slow-motion option on a camera. You may want to practise this with some spare rice before trying to film your completed design.



WHAT YOU'LL NEED

- Uncooked Rice
- Food Colouring (optional)
- White Vinegar (optional)
- Tray / Board
- Camera



KEEPING EVERYONE SAFE

Maintain social distancing as required. When using shared equipment, please clean hands both before and after. Consider laying a sheet of plastic to catch the falling rice and keep it in one place, so not to create slip hazards on the floor.