

Rainbow Spaghetti

WHAT YOU WILL NEED:

- Spaghetti
- Ziplock bags
- Food colouring
- Water
- Colander
- Container/ tub for the rainbow



INSTRUCTIONS:

1. Cook spaghetti - Follow the instructions on the package and drain
2. Add spaghetti and colouring to ziplock bags. You can add a few drops of your desired colours
3. Zip the ziplock bags up and mix the spaghetti and food colouring together. Squash it, squeeze it, throw it in the air, just keep moving the colour around the bag until all of the spaghetti is totally covered. Repeat with each colour.
4. Rinse coloured spaghetti. Once all of the spaghetti is covered in food colouring put each colour into your colander and rinse the spaghetti under the tap. This step is really important, if you miss it out your child will end up covered in food dye!

Now you have made your coloured spaghetti it is time to invite your baby, toddler or preschooler to indulge in some sensory play.

If you are doing this sensory play activity with a toddler or preschooler a small container full of rainbow spaghetti on the table works well. If you are doing it with a baby you may be better off adding coloured spaghetti to a large tray on the floor for them to sit in or next to.

Here are some fun ways to get children talking during their sensory experience



Describe what you see



Describe what you feel



Describe what you taste



Describe what you smell



Describe what you hear



Opinion – Was this fun