COOKED RAINBOW SPAGHETTI

Suits ages 8 – 36 months

What you will need:

- Cooked Spaghetti
- Food colouring
- Zipped food bags
- Water
- A large tray / bowl
- Colour mats
- Different coloured shapes/animals/blocks

What you do:

1. Cook the spaghetti until it is soft, and then allow it to cool.
2. Split this evenly into zipped food bags, ask your child which colours they would like to use and support your child in adding a few drops of food colouring to each bag.
3. Help your child to zip and shake each bag until the spaghetti is completely coloured.
4. You will need to rinse the dyed spaghetti to remove excess food colouring, this helps to make sure your child does not end up with hands covered in food colouring.
5. Place the spaghetti in a tray keeping the different colours separate, placing shapes/blocks/animals which match in colour in the spaghetti. Place coloured mats around the tray.
6. If you have a younger child this is a great sensory experience so let them explore the texture. You can say the colours out loud as your child starts to touch and explore them.

Your child may start to also say the colours of the spaghetti as they develop colour recognition.

7. If your child is slightly older ask them what colours they can see, what shapes they have and what does the spaghetti feel like?
8. Support your child in matching the shapes/blocks and spaghetti to the colour mats. You can also ask them to place the spaghetti around the shapes to make shapes with the spaghetti.
9. You can also add spaghetti into a kitchen role play and support your child with their imagination and see what they do.

This activity is a great sensory activity for younger children, which starts to introduce basic colours. Older children can begin to match objects of the same colour and place these on corresponding mats. Talk about the colours during play to help extend your child's mathematical and language skills. Playing with cooked spaghetti also offers opportunity for your child to develop their imagination as this can be used during role play.