



Author: **Gina Higbie, Occupational Therapist for Preschool**

Date: **4/16/2020**

Activity: **Rainbow Pasta**

*Description of activity:*

We are going to make rainbow spaghetti. This is a great sensory and sequencing activity.

*Materials:*

Spaghetti (or any pasta)  
Colander  
Food Dye  
Water  
Ziploc bags

*Instructions:*

Cook pasta according to directions. Have your child divide the pasta and place in Ziploc bags.

Each bag will be for a different color, so how many bags is up to you.

Add food coloring and a few drops of water to each bag.

Start squishing! Have your child smooch the bags to mix all the color in. After it is well mixed, place pasta back into colander and rinse until water runs clear.

Now you can play with the pasta. It can be fun to place in a large bowl or bin. Your child can just explore with their hands or use to create.

*Grading:*

- Place the pasta back in the Ziploc bags to play if touching the wet pasta is too much of a sensory challenge.
- Use tongs to pick up the pasta for added fine motor challenge
- Use flashlight to highlight the pasta for visual tracking (or on light table)
- Have your child make choices between colors or sort by colors
- Hide an object in the pasta and see if you child can find by feeling with hands
- Use spaghetti to make shapes, a rainbow, or write you name

*Target areas:*

Sensory exploration, sequencing, fine motor, color discrimination, independent living skills

Video Link: <https://youtu.be/XbY66Lg5faQ>

