**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 smoosh 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 your name

**Target areas:**
- Sensory exploration, sequencing, fine motor, color discrimination, independent living skills

**Video Link:** [https://youtu.be/XbY66Lg5faQ](https://youtu.be/XbY66Lg5faQ)