

Rainbow Noodles Sensory Exploration

Ingredients

Noodles or spaghetti
Oil
Food colouring
Bowls
Trays for exploring
Containers for storage

Method

1. Prepare the noodles or spaghetti as instructed on the pack and then strain and rinse under cold water for several minutes.
2. Coat the noodles or spaghetti in a touch of oil to stop them sticking.
3. Divide them into bowls (one per colour) and add a few drops of food colouring to each.
4. Mix well and allow to dry for 10-15mins.
5. Place the noodles or spaghetti on a tray and support your young person to explore the noodles using their senses.
6. If you want to keep the noodles to use again, place them in an airtight container.

Why not play a rainbow themed song to support the activity?

There are lots of rainbow themed songs online.