



# Sensory Spaghetti Bin

Have you ever wanted to play with your food, but your adult wouldn't let you? Today we're going to do just that. We're going to play with Spaghetti! This activity is going to help us connect with our tactile system or our sense of touch. Our sense of touch helps us know when something is hot or cold, when something hurts or feels good. By playing and exploring our sense of touch we help our brain and body connect with the world around us!

# 1



## Gather materials:

- Plastic Bin
- Tongs / Spatulas / Forks / Spoons (other tools to play with)
- Box of Spaghetti Pasta
- 3 Bowls (If you want to do three colors. If you only want one color, you will need one bigger bowl.)
- Vinegar
- Food Coloring (There is a chance your child may eat the pasta, McCormick's makes a plant-based food dye with no artificial ingredients.)
- Olive Oil / Cooking Oil

# 2



Cook the pasta according to the package directions but do not add the oil.





3



While the pasta is cooking, fill several mixing bowls (one for each color) about 3/4 the way full with cold water.

4



Add several drops of food coloring to the water.

5



Add a few tablespoons of vinegar to each water bowl.

6



When the pasta has finished cooking, carefully strain the water from it.





7



Immediately distribute the cooked spaghetti among the bowls of colored water you have prepared, and let the pasta sit for about 1 hour.

8



Drain each color individually and toss it with the tiniest bit of oil to keep the strands from sticking together.

9



Add the pasta to your plastic bin and let the fun begin!



You can place the child inside the bin to feel the pasta with their hands/feet if they fit! You can add toys, or utensil for scooping and playing. You can talk about the different colors of the pasta and pretend the green pasta is grass, the blue is water, etc. Ask your the child what it feels like.