[Rainbow Pasta](http://www.stillplayingschool.com/2014/02/rainbow-cooked-pasta-sensory-play-with.html)

A picture containing person, grass, woman, holding

Description automatically generated

Boil a huge batch of long noodles - fettuccine or spaghetti work well.

Rinse with cool water, and dye with food colouring.

Add a little cooking oil so the pasta does not get too sticky.

Throw the pasta into a plastic tray, then let kids get messy swirling and twirling it through their fingers.

Practice arranging the noodles in rainbow order by using seven different shades.