

FUN ACTIVITIES USING PASTA



Image Source: Pixabay

PASTA JOUSTING

- We use spaghetti and penne for this activity however any combination of long and tubular pasta can be used.
- Each player needs one piece of spaghetti which they hold at one end in their mouth – no hands!
- Arrange 4-8 pieces of penne on a surface in front of each player.
- On the start command, players must race to thread their spaghetti through each piece of penne until they have all their pieces stacked up on their spaghetti. The first player to complete this wins!
- Each player needs one piece of spaghetti which they hold at one end in their mouth – no hands!
- Variations can include different sizes of pasta – mix it up with penne, rigatoni or tufoli if you're feeling particularly challenging!
- Try placing the tubes on different height surfaces.



Image Source: L. Pollard

SPAGHETTI MOUSTACHE

- This is a really fun activity for groups of any age – all you need is a bunch of spaghetti!
- Each person starts with one piece of spaghetti.
- Players have to balance their spaghetti on their face between their nose and top lip and then let go.
- The spaghetti needs to balance for 5 seconds without being touched by hands.
- Now try adding a second piece and balance for 5 seconds. Keep repeating until you can't balance any more – the winner is the person who manages to balance the most spaghetti!

PASTA ART

- Pasta comes in many different shapes, sizes and colours. Raid the very back of the cupboard and see how many different types you can come up with (you may be surprised at the random ends of bags hidden away!)
- Choose a topic and write down as many different things to do with this topic on pieces of scrap paper (or bits of lasagna sheets if you want to keep it really authentic!) and pop them into a container. For example, if the topic was animals, write down as many different animals as you can think of. Maybe you prefer flowers. Or mix topics for a real challenge!
- Choose one at random and then, within the set time limit, design what is on the paper in pasta!
- Ask an impartial judge to choose a winner of each round – maybe take photos and send them to a grandparent to choose if everyone in the house is taking part?
- Put the pasta back and take turns to choose the next challenge. (Muddling up the pasta between rounds is really fun!)

PASTA NOUGHTS & CROSSES

- Just like the classic game but with the added bonus that you can cook up up afterwards for a snack! This game is for groups of 2 people.
- Use 4 pieces of spaghetti or similar pasta to create your playing board.
- Choose two other different types of pasta to be your playing pieces, one type per person – we like using fusilli and conchiglie for the obvious contrast 😊
- Take turns to place your playing pieces on the board, one at a time. The first person to get three in a row vertically, horizontally or diagonally wins!

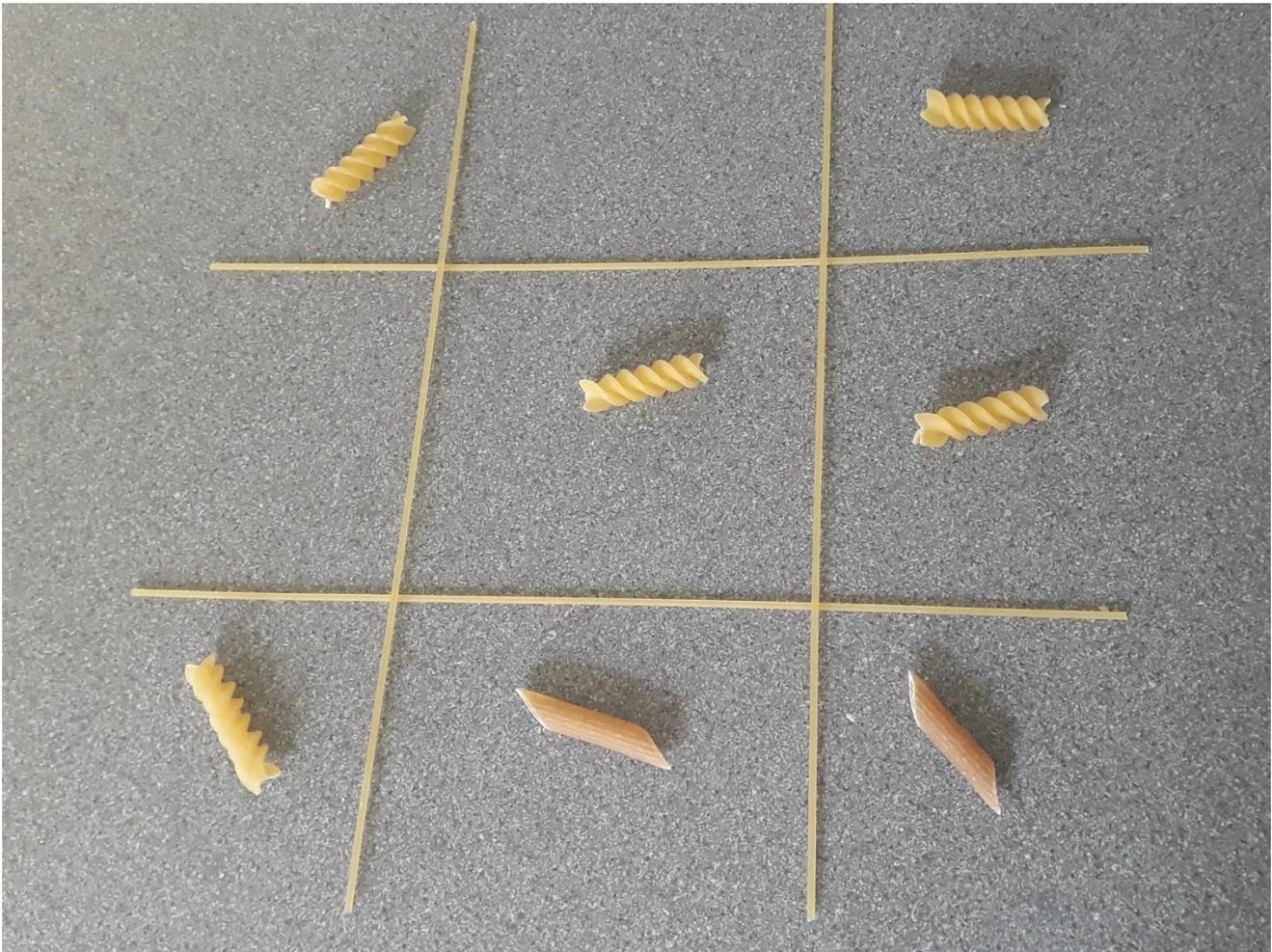


Image Source: J.Brown

PASTA DARTS

- ❑ This activity works for groups of any sizes, although will depend on the amount of pasta you have as you probably won't want to re-use it after this!
- ❑ Give each player a handful of tubular pasta (we find penne particularly effective, although curved/spiral pasta does add a whole extra dimension to this!) and assign each a cup/bowl/other container.
- ❑ Space players out so they are apart from one another (you don't want the pasta getting mixed up!) and are about 2 metres from their container.
- ❑ On your start, players must try to fire their pasta one piece at a time into their container by placing it between their lips and blowing the pieces.
- ❑ There are loads of variations for this one – you can add time limits, allow them to collect their pieces and re-blow within the time limit or impose a one blow per round restriction. Varying the container size and height, as well as the distance away will make things a lot easier or harder.