



SPAGHETTI & MEATBALLS

Materials you need:

- A bowl of wool snipped into different lengths, a bowl of 'meatballs' - I use the decorative brown wicker balls from the \$2 shop but foil scrunched into balls would also work well.
- Large spoons and/or ladles, tongs
- 2 empty plates or bowls

Setup for play:

- Set up a bowl of wool 'spaghetti' strands and a bowl of meatballs at one end of a large open area and then set the two empty plates at the other end.
- Divide children into two lines and hand first in line tongs and a spoon/ladle
- When you say go they must run to the other end, pick up either some spaghetti with tongs or a meatball with the spoon and then bring it back to put on their empty plate.
- Encourages, balance, coordination and fine motor control!
- Make it harder by giving them actions to complete while they run or make it easier by using larger spoons and no tongs.

What are they learning with this activity?

As the children take part in the game they are learning to:

- Work together in a group with others
- Listen to and follow directions
- Use hand/eye coordination skills and demonstrate spatial awareness
- Strengthen fine motor muscles and control
- Recognise symbols and how things can represent other things
- Coordinate and strengthen their large muscles as they bend, stretch, turn and run.
- Recognise basic counting and number concepts

Extending the play:

- Add the wool strings to a tray and encourage babies and toddlers to pick up with their fingers to explore
- Older children can transfer the 'spaghetti' to a narrow container using tongs to work their spatial awareness skills
- Use the internet to explore videos and pictures of spaghetti and meatballs being made and cooked in various ways.