

# PASTA JUMPROPE



# Tools

- ❖ Food Coloring
- ❖ Disposable Gloves
- ❖ Vinegar
- ❖ Pasta With Holes
- ❖ Ziploc Bags
- ❖ Baking Sheet
- ❖ String
- ❖ Duct Tape



# Step 1:

Pick out the type of pasta you want to use.

Estimate 75-100 pieces of pasta (or about 1/4 box) will be used. Separate it how depending on how many you want for which colors you'll be using.

Put each group of pasta in a Ziploc bag or bowl so it doesn't get mixed with other colors.





# Step 2:

Put 3-4 drops of food coloring in each bag. Add in 1-2 drops of vinegar to each bag also.

Close the bags tightly and give it a really good shake, making sure the pasta gets fully covered in the color.

Rub the pasta around a few times. When it's totally colored, let the pasta rest in the bag for 5 minutes.



# Step 3:

Put on gloves and take the pasta out of the bags. Put it on baking sheets and make sure to separate the pasta so it doesn't stick together as it dries.

Leave the pasta to dry for an hour in the sun. Shake the tray 1-2 times while it's drying so the pasta doesn't stick to the tray.

The pasta is dry once the color doesn't come off on your hands when you touch it.



# Step 4:

Measure out a piece of string to how tall you are. The bigger the string you cut, the bigger your jump rope will be.

Make a knot on one end of the string. Keep knotting it until the knot is big enough that when the pasta goes on, the pasta doesn't fall off.

Only knot one side so that the other side can still let pasta on.



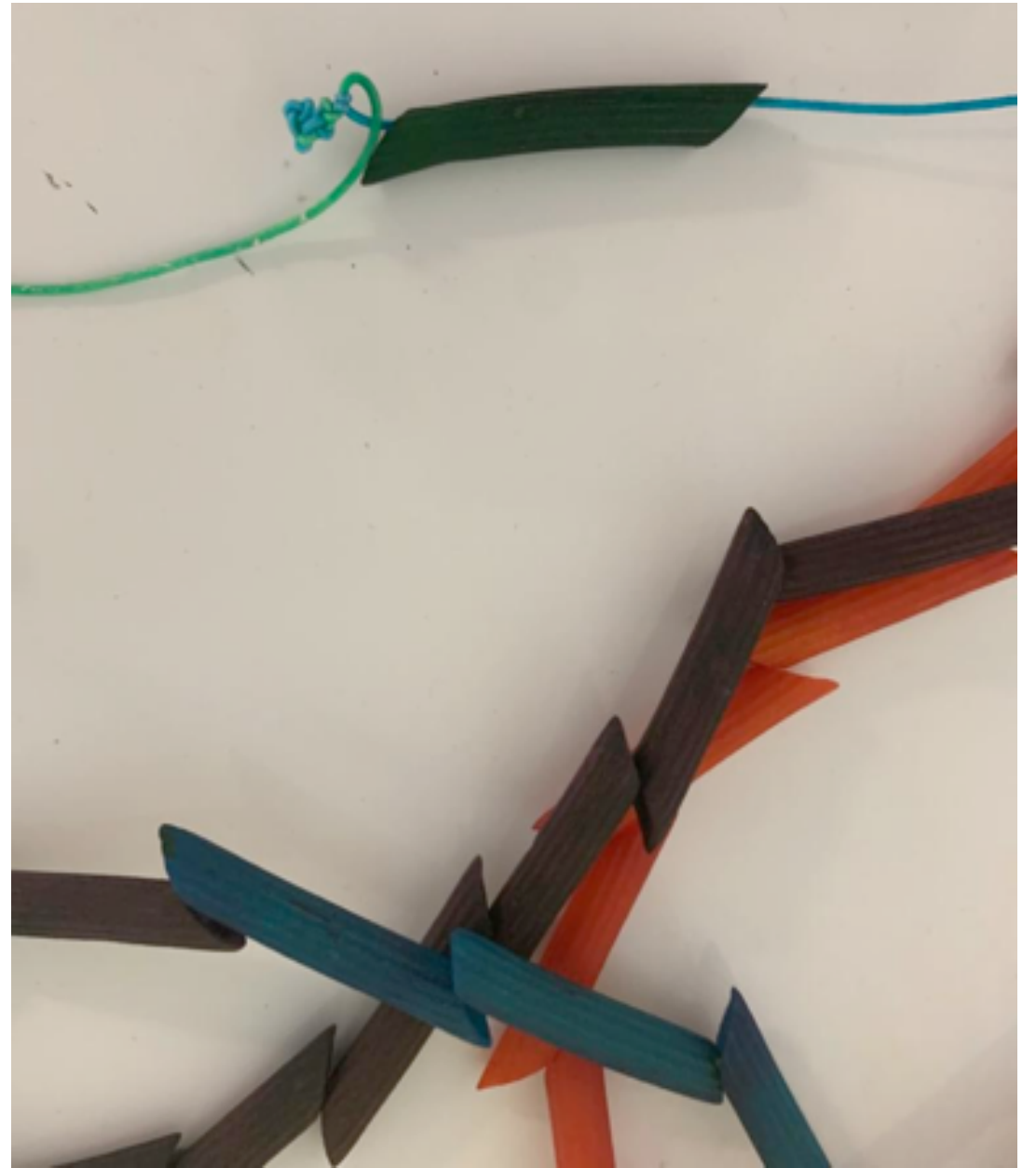


# Step 5:

Start stringing your pasta onto your jump rope. Do it in any pattern you want it to be.

Keep going until either you run out of pasta or you run out of space on your string. You want to leave room to make handlebars so you can really jump.

Knot the other side of the string when you're ready.



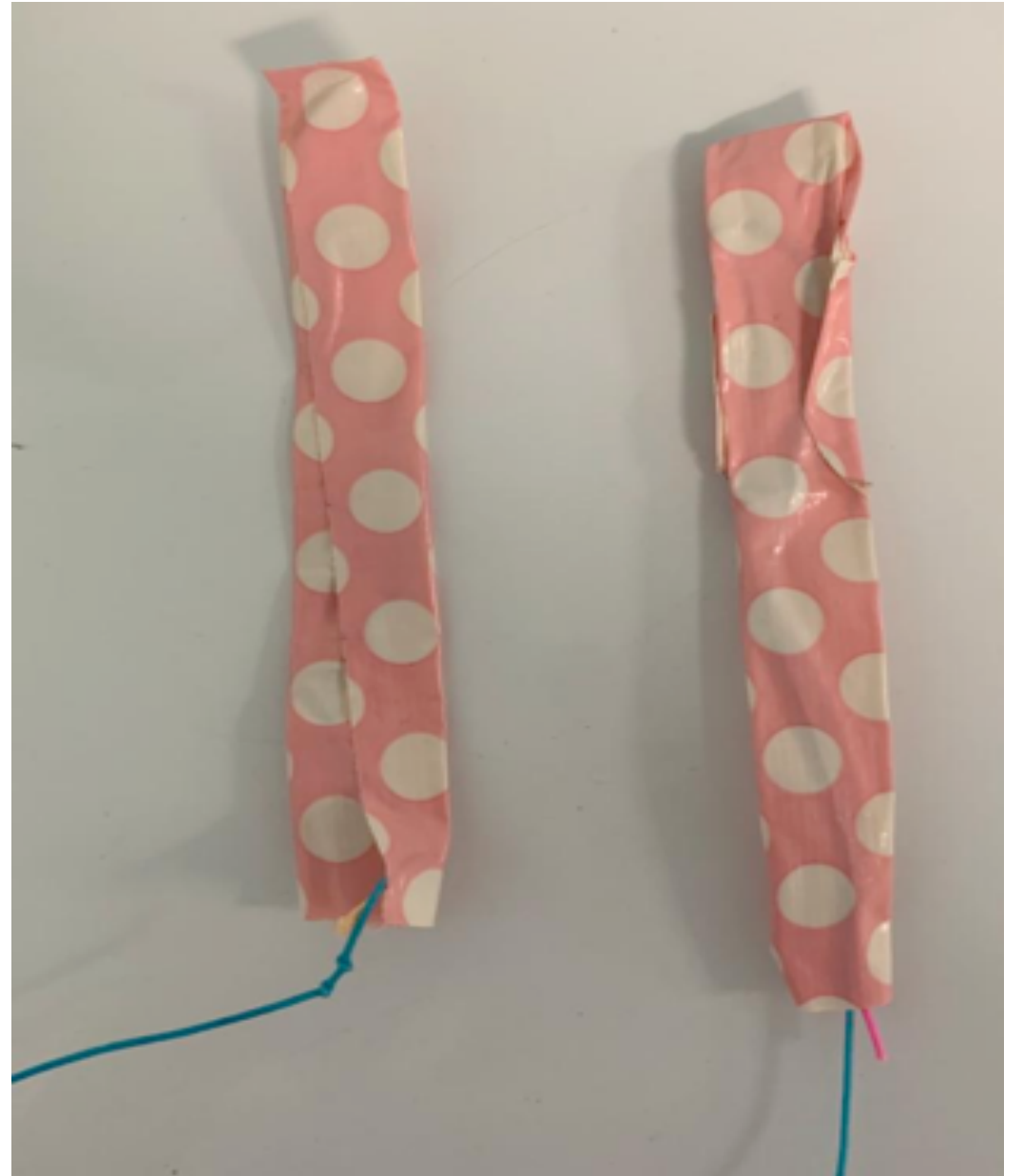
# Step 6:

Using duct tape, tape a piece onto the string where the handle will be.

Fold the tape in on itself so it sticks together, making a long rectangular shaped handle.

Do this to the other side so you have two handles. If it feels flimsy, then add on another piece of duct tape.

Time to try out your jump rope!







**Let's see your  
masterpiece!**

