



# MUD PLAY

## Messy Play In Nature

### INTRODUCTION

Playing in mud is fun and beneficial to children. Not only has research shown that it is good for a child's immune system, but it helps them connect with the earth and can help calm and relax the mood.

### WHAT WE NEED

- Old pots and pans, bowls, containers, baking tins, food moulds, kitchen utensils
- A soil source e.g. a digging area
- Outdoor tap or large container of water
- Pebbles, shells, twigs, and greenery

### WHAT TO DO

Create a specific area outside like a mud patch or kitchen.

Create working surfaces using old furniture or planks of wood.

Add the soil, water, and different objects, then allow the children to explore.

