



Wear old clothes for this project!



Mud kitchen mayhem



What you need

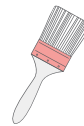
- old pots, pans, tubs, containers
- utensils e.g. spoons, spatulas, trowel
- a muddy patch (or large pot of soil)
- loose parts e.g. petals, grass, leaves
- water

optional extra:
build a shelf or table for your kitchen items

Hours of muddy fun for all ages

Create delicious muddy meals, cakes, pies and potions in your garden or yard with a few household items. You could write **recipes** or **menus** to create a mud cafe.

Mud makes a great **natural paint** too- with an old paintbrush you could paint onto fabric or even on a tree trunk.



Did you know?

Playing in mud can make us happier and healthier.

- sensory experience
- boosts immune system
- relaxing and soothing
- open ended play opportunities

mud is fun!



Share photos of your creations on our facebook page.
We'd love to see them!

