

## Make a mud Kitchen!

**Help children to connect with the earth and create a mud kitchen!**

When children play with mud they are using all of their senses and exploring freely and creatively. Research has also shown that a little bit of mud is good for us as it helps build up immunity, as well as being outdoors in the fresh air using the whole of their bodies. Playing with mud is great for children's development.



**Save money and make your own mud kitchen using recycled materials:**

Collect a range of old pots, pans, containers, spoons and other kitchen tools

Either create a mud kitchen in your outside area if you have mud available to dig, or provide mud for the children by mixing 50/50 potting compost with play sand and store in buckets, flower pots or large plastic containers

The children will also need water to mix with the mud – a cheap camping water carrier is ideal if you do not have access to water outside

Use milk crates, tree stumps or an old table to make a work surface

Wellies are essential!