

# Mud, Glorious Mud!

**Mud play is fun and a source of childhood joy. Making mud pies, splashing in puddles, rolling down hills and exploring slippery creek beds are iconic images of childhood.**

Mud provides an ideal platform for children to immerse themselves in one of nature's finest elements and in doing so build a life-long connection to the natural world. Nurturing this connection in children is vital as it builds values associated with empathy, nurture, love and a broader sense of belonging.

It's time to get into the mud kitchen and cook up a storm! It's all in the preparation... here are 5 things to remember when setting up your mud kitchen.

1. Provide children with plenty of utensils, pots and pens etc. to use to help construct their culinary creations.
2. Always have water on hand for children to change and experiment with the consistency of the mud.
3. Plant hardy flowers and herbs nearby, such as lavender and rosemary so children can use all the senses when "cooking"
4. Provide writing tools and materials to encourage children to write or mark when recording what they are going to use or their ideas as part of their process.
5. Take photographs of the wonderful creations and record them in a mud kitchen recipe book.



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