

Mud Pies

Develops sensory awareness and enhances creative play



Kids are drawn to mud puddles - stomping and splashing. Water play, mixing water and soil to make mud pies and adding extra touches like flowers, leaves, rocks and grass provide kids with hours of messy, exploratory play.

Mud play works for all ages. Babies enjoy pouring, mixing, splashing, trying different tools and...tasting. Toddlers relish in replicating what happens in the kitchen and creating tasty treats for you to sample. Preschoolers can shift lots of soil, carry buckets of water and will work together on a muddy project.

Research is showing there's some good reasons why kids and mud are a great combination. When playing outdoors and with soil, we're exposed to friendly soil bacteria which stimulates our immune system and increases our levels of serotonin, a happy brain chemical. Say 'Yes' to mud and happy, messy kids.



Sensory Development

Sense of touch is developed from feeling the soil, water and mud.



Develops upper body strength

Digging, carrying water and stirring thick mud develops large muscle skills.



Develops creativity

Mud play is open-ended - there is no limit to what your child can invent.

For more tips and ideas go to fb.me/MightyMoversCBR or bluearth.org