

Play-based learning at home

Why a mud play experience?

Playing with mud is a wonderful way of calming the mind and development of sense of touch, through forming mud into different shapes and learning through play.

Mud play experience can also help develop:

- Develops fine motor skills.
- Develops eye hand coordination.
- Supports imaginative play.
- Develops social skills and parallel play.
- Develops sharing and communication.
- Mud play helps children to feel happy.
- Language through conversation and discovery of objects.
- Free play which is initiated by the child, adults can be also be involved.

Mud Play Experience

Here's what you'll need:

- Dirt.
- Water.
- Digging implements; wooden spoon, sticks, trowel.
- Other items found in nature; rocks, leaves, bark, twigs, and branches.
- A sense of adventure.
- A willingness to get muddy.

Here's how to start:

- Wander to the local park or bushland, or backyard.
- Feel comfortable in the environment that you have chosen.
- Add water to dirt and mix to your favourite consistency.

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Mud Play Experience

Here's how to do it:

- Dig in and around the dirt with a stick or chosen tool.
- Break up clods of dirt, and add water. Mix, add and repeat until the mud is just right for you.
- Mud can be used to paint, draw, make mud pies, there are so many possibilities.
- Encourage stomping, digging and splashing in the mud.
- Enjoy the environment and the experience of free and child initiated play discovery.

