

Earth and Mud Play



Looking for creatures in garden soil.



◀ Full body mud play is a stimulating, sensory experience not to be missed.



◀ The feel of the earth on bare hands.

Earth and mud play are an integral part of healthy childhood. Becoming familiar with the surface of the planet we live on by scooping, scratching, smoothing, piling, digging, and discovering the properties of earth itself, are fascinating activities for children of all ages.

Earth and mud play vary widely depending on you and your child's preferences and what your space allows. If limited to a small patio or deck, try filling a large tub or bucket with soil and adding a few scooping/digging

implements. In a larger space, designate a digging or earth play area by surrounding it with logs or stones (great for sitting on). Toddlers require only a few square feet to dig.

For more information about the benefits of playing in dirt and more ideas, see the NWF's publication "The Dirt on Dirt" (refer to the resources section at the end of this guide).

MATERIALS

- Earth
- Soil
- Dirt
- Mud
- Water
- Digging toys
- Old pots & pans
- Dumper trucks
- Buckets & shovels
- Stones/logs for sitting

1. Designate a place for earth or mud play.
2. Provide earth, water, and other materials you may have on hand.
3. Let the kids play!