



Activity ideas to support Learning at Home from 3 years

Early Years Service, Children's Services

Buckinghamshire Council

WORDS YOU COULD USE WITH YOUR CHILD

squelchy *messy* *squishy*

sticky *revolting*

grubby *glorious*

oozing *gooey*

lumpy

Mud Play



WHAT CAN I USE TO PUT THE MUD IN?

Washing up bowl
Small paddling pool
Wheelbarrow
Bowls
Pots
Buckets
Saucepans
Mixing bowl

ADD ITEMS SUCH AS:

Kitchen utensils
Pots and pans
Watering cans
Pie tins
Plastic containers & bottles
Spoons, spades & trowels
Sticks and stones
Planks of wood
Toy cars and animals
Flowers, leaves & feathers



MUD PLAY IDEAS

Mud ice creams – mud, utensils & ice cream cones

Muddy river – mud & aluminium foil

Mud cupcakes – mud & cake cases

Mud wormery – watch the worms dig down into their new home

Mud pies – mud, leaves, petals and stones

Mud car wash – mud & small toy cars (then wash them clean!)

Mud stew – mud, water & spoons for mixing

Mud paint – mud, sticks, brushes or fingers & feet!

Mud monsters – mud & children! Let them coat their arms and hands in mud! Wash it off together.

GET DIRTY

Dress appropriately - decide which of your children's clothes are "good clothes" and which ones are "play/messy clothes"

Remember to wash hands thoroughly after playing with mud.



LEARNING AND DEVELOPMENT

Did you know that playing with mud is beneficial for children? The physical properties of mud mean that it provides a rich tactile and sensory experience. Through playing with mud children can develop their fine motor skills, mathematical and scientific knowledge, and mud play is a great fun way to develop imagination and creativity too. Children can mould it, squish it, squelch and shape it. It can be made wet or left to dry out. Digging in mud or splashing in muddy puddles can also be a great form of physical exercise. The open-ended nature of mud play is perfect for the developing brain. There is no end to the creations, ideas and games that children will invent with mud.



Find out more about your Child's development

[What to expect when – Developmental Guide for Parents](#)

If you have any concerns about your child's development the first thing you can do is chat to your Child's Key Person at their Nursery or Pre-school or Childminder

Information for Parents & Carers

THE NATURAL ENVIRONMENT

Encourage children to:

Touch anything, they want (within reason), including dirt, mud, trees, plants, insects, animals but not break flowers, trees or plants or, trample, destroy or frighten creatures. Most children have an innate desire to get dirty, this should be nurtured as much as possible.

FIND OUT MORE

[What to expect when – Developmental Guide for Parents](#)



[Learning at home resources](#)

[Hungry Little Minds – Simple fun, activities for kids aged 0 – 5](#)

[Small Talk - ideas for Parents](#)



TOP TIPS

- If you don't like messy play inside – take it outside - create a mud kitchen, or a digging area.
- Always keep family pets away from this area.
- If it helps have a designated area for messy play (indoors or outdoors)
- Your child needs to feel confident and happy whilst playing and worrying about getting dirty or making a mess will impact on their playful experiences.
- Help your child to feel confident whilst playing by 'allowing' them to get dirty or to make a mess

Health and Self care (30-50 months)

You might notice that your child can:

Can wash and dry their own hands.

Expressive Arts & Design (30-50 mths)

You might notice that your child likes:

To find out more and talk about things that feel different.

Use tools to do different things.