



Hi all, Happy International Mud Day for 29th June! This week our theme is **MUD GLORIOUS MUD!** It is time to get your hands and even your feet in the mud and wake up your senses.



Mud kitchen bake-off:

- You may have a mud kitchen in your school grounds or your garden but if not simply collect some old pots, pans, utensils or even just a bucket and trowel.
- Dig up some soil into your container. Add water to make it the right consistency for your mud cake.
- Collect natural materials to decorate, such as feathers, stones, flowers, grasses and pinecones.
- Decorate your mud cake with your natural materials- be creative in your designs.
- Take a photo to share with us on Facebook @Outdoor Adventures Forest School.
- Ask a parent teacher to judge your creations.
- Enjoy a slice (or maybe just pretend!)



Barefoot walk: Create a path full of amazing textures for your feet.

Walking barefoot is known as earthing or grounding and has health benefits including reducing stress, improving sleep, inflammation and immunity. And it's fun!

You can simply take off your shoes in an outdoor space, free from sharp objects and enjoy the feel on your feet.

Try walking in grass, on sand, in mud or go for a paddle in shallow water.



Or create a barefoot path of natural materials. Collect features, pine cones, sticks, stones, long grass and other interesting natural materials you can find. Lay out a path and add your natural materials. Make sure you include lots of mud to squelch between your toes.

Take off your socks and shoes and take a walk along your path. You may wish to add a bowl of soapy water and a towel at the end! Remember these activities are lots of fun when ALL the family and teachers join in.

