



# MUD PIES

## MUD, MUD... GLORIOUS MUD

Mud play is fun and a source of childhood joy. Making mud pies, splashing in puddles, rolling down hills and exploring slippery creek beds are iconic images of childhood. Mud provides an ideal platform for children to immerse themselves in one of nature's finest elements and in doing so build a life-long connection to the natural world. Nurturing this connection in children is vital as it builds values associated with empathy, nurture, love and a broader sense of belonging.

It's time to get into the mud kitchen and cook up a storm! It's all in the preparation... here are 5 things to remember when setting up your mud kitchen.

- 1 Provide children with plenty of utensils, pots and pans etc to use to help construct their culinary creations.
- 2 Always have water on hand for children to change and experiment with the consistency of the mud.
- 3 Plant hardy flowers and herbs nearby, such as lavender and rosemary so children can use all the senses when "cooking".
- 4 Provide writing tools and materials to encourage children to write or mark make when recording what they are going to use or their ideas as part of their process.
- 5 Take photographs of the wonderful creations and record them in a mud kitchen recipe book.

*Mud kitchens are so widely loved so take the time to re-set them in an organised fashion so they draw children in and inspire them once again.*

*MUD PIES AND OTHER RECIPES* by Marjorie Winslow is a wonderful book full of imagination and ideas to use in your very own mud kitchen.

### REFLECTIONS FROM THE NPSA TEAM

*Make mine an extra chocolatey brownie cup cake with strawberry swirls and lots of sprinkles! I think I have had every mud kitchen delicacy there is! What amazes me is how much children communicate with each other, are inclusive and proudly share in their experiences. There's no greater time to get messy than in a winter mud kitchen. The opportunity for children to use their imaginations and create magical culinary masterpieces, seems limitless. Playing with mud is one of those natural elements that just oozes joy and potential for learning. ~ Lisa*