



INTERNATIONAL MUD DAY

JUNE 29TH 10AM-3PM BONYTHON PARK

WHAT IS INTERNATIONAL MUD DAY?

On June 29th Nature Play SA are celebrating International Mud Day! A day where children, adults, and organizations across the globe get muddy to raise awareness about the importance of nature for children. From mud kitchens and digging pits to mud pies and mud art – there is an array of activities that can ignite children’s imagination. We are hosting our first ever International Mud Day on Monday June 29th at Bonnython Park between 10am and 3pm for a day of mud play. Bring a change of clothes, some imagination, and willingness to get muddy! There is plenty of parking enter via Port Road.

WHO CAN RUN AN EVENT AND HOW?

If you cannot make our event then why not run one of your own either on International Mud Day or a day that suits your community/family/school. Mud play can cost little to nothing to undertake whilst providing priceless memories for the whole family. If you run an event feel free to upload photos or stories to the Nature Play SA Facebook page and/or use the hashtag #MudDaySA.

Families

Spending time outdoors as a family unit provides a multitude of benefits. You can celebrate mud on any day throughout the year – but International Mud Day is an ideal time to introduce mud to children who don’t often play with it or to simply provide another great excuse for children who love mud to get dirty! Some simple ideas to celebrate Mud Day as a family include making mud pies and decorating with natural things from your garden, setting up a temporary mud pit (can be home-made) – just add dirt, water, and children! To make it even more exciting and engaging invite other families to join you.

Schools/preschools

Mud has always been an important element of childhood. Today most outdoor play occurs at schools/preschools and therefore it is important that schools begin, or continue their discussions and exploration into mud play (and other nature play concepts). If children are free to play with mud at your site then an event for International Mud Day can play an important part in strengthening the culture at your site and sharing your story to inspire others. If you haven’t yet embraced mud play for children this is an ideal opportunity to run an event and use it as opportunity to raise awareness about the benefits of mud for children. Ideas include designating an area for mud play, mud pie day, mud art on trees, a series of

temporary mud pits made from hay bails as edges and tarps as the lining and on a less muddier course – a whole school gardening day.

Organisations

Local or state government organisations can also put on events for their communities either in a Park with mud activities on offer or by having an awareness raising display at their libraries or via social media #MudDaySA – there are ways where we can all get involved and celebrate with the global community whilst raising awareness of our local community.

Mud has been associated with a range of benefits for children including increased happiness, improved wellbeing, stronger immunity, and connecting to nature. Check out our [Dirt + Water = Childhood information Sheet](#).

.....

Nature Play SA is a not-for-profit organisation that aims to make outdoor play an everyday part of childhood. We want to inspire and empower the South Australian Community to embrace nature as part of their children’s daily lives. For ideas, events, opportunities, and more about us visit our website www.natureplaysa.org.au For further information for this event contact info@natureplaysa.org.au

