

The Gift of Mud

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In a child's world, mud is one of nature's gifts that just keeps on giving for age-appropriate child development. Children make sense of their world by exploring, wondering, creating, and problem-solving. Mud play provides this through open-ended play where there is no pre-determined meaning or specific end result. It promotes imagination, sensory awareness and scientific investigation. It is calming and forgiving. Mud play outdoors in the fresh air is healthy and invigorating. In addition, studies have shown that healthy bacteria in mud can boost young children's immune systems. Mud play is child-friendly and just plain fun!

Children splash, squish, dig holes, feel, cook, make tracks, create trenches, and build with mud. They work together to explore possibilities, wonder, experiment, problem solve and regroup.