

# INTERNATIONAL MUD DAY

JUNE 29, 2023



## MUD KITCHEN INTRO + PLAY

Let's talk all about the fun of a mud kitchen - being sure to touch base on the safety rules of this new exciting play space!

## MUDDY PIGS SENSORY ART

A fun activity that exposes kiddos to different textures while getting their little fingers moving through this fun fine motor activity!



## DIRT PLAYDOH

Older friends will help to make this dirt playdoh! This playdoh will be available for the littles to play with later in the day!

## MUD GROUNDING

When your body is in direct contact with the earth, without any disruption, like shoes or carpet - you are grounded. The act of grounding (also called earthing) is a therapeutic technique that involves doing activities that "ground" or electrically reconnect you to the earth. Meaning, when you physically touch the ground electrical charges are transferred from the earth - providing positive effects to your body. This is true for children as well! In simple terms - go outside, take your shoes off, and make direct contact!



## MUD RUN

Friends are invited to bring their own trucks to school to use to play in the mud and complete messy, muddy obstacle courses!

## MUD CUPS

A yummy mud-themed snack to wrap up our fun day of playing in the mud! Happy Mud Day!!



✨ mud is magical! ✨