

*Appropriate for :*  
Infants, Young Toddlers and Older Toddlers.



## Playing in Mud

### SUPPLIES NEEDED:

- Sand or “clean” pile of dirt
- Variety of containers and items for children to use to add water and explore
- Children, dressed appropriately to enjoy playing in the mud

### INSTRUCTIONS:

- Make sure children are dressed appropriately to enjoy playing in the mud.
- Allow children to add water to the dirt or sand.
- Be sure at least one staff member stays within arm’s length for close supervision of every child during mud play.

### What the adult can do to support learning and development in these domains:

- Allow children freedom to explore and experiment with very limited direction or interruption.
- Follow the children’s lead. For example, let them add the water at their own pace.
- Allow plenty of time for children to be involved as long as they are interested.
- Be sensitive to infants and toddlers with special sensory needs. Provide optional activities for children who choose not to participate.
- Facilitate conversations to stimulate children’s thinking or ideas as they explore.
- Offer assistance when requested, but only enough to help them succeed on their own.

### Examples of language that can be used between caregiver and child:

- “I wonder what will happen if we pour water into our sand/dirt.”
- “Does the dirt feel different when it’s wet? Is it slippery? What does it feel like to you?”
- “I like the sound it makes when I squeeze it in my hand. What do you like about mud?”

This activity highlights support for the following *NCFELD* domain:

Cognitive Development	Approaches to Play & Learning	Language Development & Communication	Emotional and Social Development	Health & Physical Development
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