

Why does my child come home from Forest School so muddy?

There is so much research being done in to why children have an inbuilt need to play in mud. Some of the findings include:

- mud builds creativity - ask them what they were making in the mud today? You might be surprised!
- muddy play develops problem solving skills
- muddy play increases physical activity - such as moving heavy loads, using utensils in the mud
- muddy play increases body awareness - through balancing, twisting, slipping, sliding, squatting, standing etc
- muddy play develops communication skills - sharing the space with others means they need to talk about it to figure out how to play together, and to share their findings
- muddy play helps sensory development - connections in the brain built through sensory play helps us to think better
- mud makes you happy - studies show that bacteria in the mud increase serotonin levels in the brain, leading to a feeling of relaxation and calm
- mud connects us with the environment - inspiring a connection to care for the environment in the future
- mud builds stronger immune systems - the same bacteria which make you feel happier are also beneficial to the immune system
- muddy play involves self-directed learning - learning to learn at their own pace without adult interruption. They can then use these skills to learn anything (any skill or subject) another time

“Mud play is about fun, it engages all the senses, and should be a normal part of outdoor play” - Hyahno Moser

So please, ensure your children come to Forest School in clothing which allows them to gain all the benefits of muddy play!

