

# MUDDY FEET

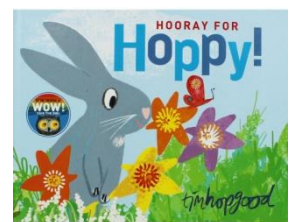
WILD PLACES, HAPPY FACES!

Welcome to our first Muddy Feet Resource Pack! Each week we will be releasing a 'virtual' Muddy Feet session via our Facebook page [www.facebook.com/MuddyFeetOutdoorPlaygroup](http://www.facebook.com/MuddyFeetOutdoorPlaygroup)

We will introduce the story and theme for the week and then have a weekly resource pack available with a range of suggested outdoor activities that you can have a go at in your back garden or any outdoor space.

## Muddy Feet Resource Pack

### Week 1



**Story** – Hooray for Hoppy by Tim Hopgood

**Theme** – Springtime, The Senses

This week's story is all about Hoppy the Rabbit who discovers the signs of spring through his senses – perfect for this time of year when spring is just arriving! The story touches on all five senses (touch, taste, smell, sound, sight) which makes it a perfect theme to spread out over the week – you could look at one sense each day!

Each suggested activity is described below, including all the resources you will need – most of these are things you will have around the house/garden. All the activities can be adapted for both younger and older children and encourage free play, exploration and creativity. We have designed the activities to be very child-led and open-ended, but there are many curriculum links too!

We'd love to hear how you get on with the activities, so please feel free to share any pictures/comments to our FB page or tag us on Instagram @muddyfeetoutdoors

#### 1.) **Sight**

If you have been to our sessions, you will know how we love a good scavenger hunt around the woods! Children love spotting / collecting things so scavenger hunts are really great way to get them looking at the world around them!

🎲 **Muddy Feet Go Get It Game** – Print the Go Get it Game on to paper or card and cut each card out. Challenge children to find items to match the words on the cards. Here at Muddy Feet we try to use natural items where possible, but the game could be played with natural / man-made items. If you want to extend the game for older children – Challenge them to make their own Go Get It cards using their own descriptive words.

🧠 **Find a Tree Game** – a game for two people. One person is the ‘leader’ the other is the blindfolded person. The ‘leader’ chooses a tree or object in the garden/outdoor space. Without revealing their choice, they lead the blindfolded partner to the chosen tree/item. Depending on the age of the blindfolded person, the leader can either lead them straight there, OR make the journey a bit more of a challenge (e.g. turning person around, leading them one way, then another) Take care when leading blindfolded person around to guide them around any potential obstacles. The ‘leader’ may want to hold hands or shoulders of partner to guide and reassure them. Once they have reached the chosen tree/item, encourage them to feel its texture, listen to the sounds around them, and feel which direction the wind/sun is coming from. The ‘leader’ then leads the blindfolded partner back to the starting point and the blindfold is removed – can they find the tree/item? This activity can be easily adapted for older children by adding in obstacles.

🧠 **Muddy Feet Blindfold Trail** – set up a simple obstacle course in your outdoor space – this could be using any outdoor toys you may have / planks of wood / basically anything! One person puts on a blindfold and is guided around the course by their partner. Encourage the use of positional language to describe what they have to do (e.g. go under the tunnel, lift your feet)



## 2.) Touch

🧠 **Muddy Feet Feely Boxes** – these can be made using an old cardboard box / toy box / drawstring bag

Place an item inside – here at Muddy Feet we always try to go for natural items such as

- Pine cone
- Conker
- Stone
- Feather
- Leaf

Ask children to place hands inside and feel what the item is. Can they work out what it is using only their sense of touch? Can they resist taking a peek!! Then encourage children to choose items for you to guess.

🧠 **Mr W's Sock Game** – this game is courtesy of my dear ex-colleague Mr W!

You will need...

One large sock for each player (football or hockey socks are ideal!)

A selection of different items- one of each for each player

At Muddy Feet we go for natural items again (conkers, shells, acorns, feathers etc) but you can use whatever you can put your hands on (remember you need multiples of each item!)

E.g. for 4 players (4 x pine cone, 4 x conker, 4 x feathers, 4 x shells etc)

Put one of each item in each sock

Give each player a sock.

Then the caller selects different items at random and says them e.g. "conker"

The players try to get the chosen item out of their sock first and hold it in the air to win!

(Believe me it can get pretty competitive- and can also be adapted for any type of gathering – think hen do/ baby shower!!)

### 3.) Smell

🧺 **Muddy Feet Playdoh** – we LOVE homemade playdoh at Muddy Feet and it's really easy to make (See Playdoh recipe sheet)

For this activity it's great to make a few batches of different scented playdoh

Lavender – add purple food colouring, lavender seeds, lavender oil - optional

Spiced – add orange food colouring and spices e.g. mixed spice, turmeric, cumin

Mint – add green food colouring and chopped mint, peppermint oil - optional



### 🧺 **Herb / leaf chop**

I'm yet to come across a child who doesn't like chopping things up! Place a range of leaves/herbs into a container, get out your safety scissors and let the little ones chop away!

### 🧺 **Scented water play**

Children of all ages love water play. A really simple way to vary water play is by adding different items to the water. Slice up fruit such as oranges/lemons, chop up some mint or add some rose petals to a container of water. Provide a few other water containers / water toys and voila!

### 🧺 **Muddy Feet Scented Pots**

Use some small containers (e.g. small Tupperware, plastic cups) Choose different scented items to put in each container – you could use any items that you've got in your kitchen or cupboard e.g. rosemary/thyme/mint/strawberries Ask children to close their eyes, or put on a blindfold and smell the different pots – Can they work out what they are? Older children could have a go at describing the smells!

🧻 **Muddy Feet Smelly Potions!** - You will need: some small containers, sticks, stones, some herbs/leaves/petals, water. Encourage children to select different herbs/leaves/petals to add to their containers, these can be chopped up using the stones or stirred using the sticks! Add water and see what smelly potions you can make!!



🧻 **Muddy Feet Spiced Paint!** - You will need: coloured paint ideally in earthy colours (but any kids paint will do!) Any spices/flavourings you may have, roughly 1 teaspoon per pot, paper

Add the chosen spice to the colour and mix – you may want to match the spice to the colour you associate with it, but that's up to you! (E.g. yellow with garam masala / white with vanilla essence) Then paint away!

#### 4.) Sound

🧻 **Muddy Feet Sound Hunt** - Print off the Sound Hunt sheet and go on a sound hunt around the garden/outdoor space.

🧻 **Water xylophone** – You will need; empty glass jars, food colouring (optional), stick, water

Fill each jar with a different amount of water, add food colouring (optional), then use stick to (gently!) tap the jars and listen to the different sounds they make. Can you play a tune?



🧻 **Seed Shaker** – You will need: empty plastic bottle, spoon or scoop, beans/seeds/small stones/dried peas – basically anything that will make a noise when shaken! Ribbons, tape, glue gun (optional)

Place beans/seeds/stones/dried peas inside the bottle using spoon or scoop – this is a fun activity in itself and often provides hours of fun! We tend to do this activity on a tuff tray so that we can collect up any stray items at the end! Then attach lid – you can use tape /

glue gun to secure the lid. Ribbons and tape can be used to decorate the shaker. Then you are good to go and make some music!

🧠 **Muddy Feet Rainmaker** – You will need: empty cardboard tube e.g. toilet roll, spoon or scoop, beans/seeds/small stones/dried peas – basically anything that will make a noise when shaken! Card, pens, tape (optional) elastic bands, scissors

Decorate the outside of the tube using pens/tape.

Cut 2 x pieces of card large enough to cover the end of the tubes. Use an elastic band to secure one piece of card on one end. Place beans/seeds/stones/dried peas inside the tube using spoon or scoop.

Finally secure the open end using the remaining piece of card and an elastic band.

## 5.) Taste

🧠 **Muddy Feet Picnic Time** - People often comment that children eat things at our Muddy Feet sessions that they wouldn't previously! I'm a great believer that everything tastes better outside! Why not pack up a picnic, grab a picnic mat – whatever the weather and eat your lunch outside! You could even make a den or shelter to eat your picnic in!

🧠 **Muddy Feet Tasty Treats!** - If you have any herbs growing in your garden/inside – e.g. mint, thyme, rosemary, chives, chop up a few and let the children taste them.

🧠 **Muddy Feet Taste Test!** - You will need: muffin tray/Yorkshire pudding tray for each child. A selection of food items – one for each hole in the tray, blindfold/scarf.

Put different food items into each hole in muffin tray. Ask children to taste each item one at a time (whilst blindfolded) Can they tell you what each item is?

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## Muddy Feet Playdoh Recipe

1 x cup plain flour

½ Cup salt

2 tablespoons Cream of tartar

2 tablespoons vegetable oil

1 cup water (with food colouring added – optional)

Put all ingredients into a saucepan and stir over a medium heat until dough begins to form into a ball. Allow to cool then knead until smooth.



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## Muddy Feet Go Get it Game

Cut out the cards to play. Can you find items to match each card?

<b>Brown</b>	<b>Red</b>
<b>smooth</b>	<b>Green</b>
<b>Rough</b>	<b>Yellow</b>
<b>Bumpy</b>	<b>Straight</b>

*Soft*

**hard**

**heavy**

*light*

*furry*

**Thick**

**t  
h  
i  
n**

**bendy**

**colourful**

**Orange**











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## Muddy Feet Sound Scavenger Hunt

Take part in our Sound Scavenger Hunt – how many sounds can you hear? Tick them off as you hear them

<p>A bird singing</p> 	<p>Something that whistles</p>	<p>Wind blowing</p> 	<p>An animal noise</p>
<p>Something that rattles</p>	 <p>Leaves rustling</p>	<p>Something that squeaks</p>	<p>Dog barking</p> 
 <p>Running water</p>	<p>Loud noise</p>	<p>Squelchy mud</p> 	<p>Quiet sound</p>
<p>An insect buzzing</p> 	<p>People chatting</p>	 <p>Branches swaying</p>	<p>A sound you can make</p>

