

MUDDY FEET

WILD PLACES, HAPPY FACES!

Welcome to our Muddy Feet Resource Pack! Each week we will be releasing a 'Virtual' Muddy Feet session via our Facebook page

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. Our 'Virtual' session is pre-recorded so can be accessed at any time.

Muddy Feet Resource Pack

Week 9

Planting a Rainbow by Lois Ehlert



Story – 'Planting a Rainbow' by Lois Ehlert

Theme – Colour

This week's story is 'Planting a Rainbow.' You can hear and join in with the story on our Facebook page through our 'Virtual' session this week.

The natural world is full of colour at the moment and rainbows have been a big symbol of Lockdown – so it seemed like a perfect theme for our pack this week! 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 have broken the activities down into five days, but this is just a suggestion, feel free to dip in and out of the activities and see where your children take them!

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 #muddyfeetoutdoors



Day 1

You will need:	
Colour hunt sheet & Flower spot sheet	
Paper & paint or paint sample charts	
Empty jam jars	
Food colouring	
Paint, paper	
Natural material to paint with (e.g. dandelion heads)	
Range of natural material (flowers, leaves etc)	



🍄 Colour Hunt – print out the Colour Hunt sheet. See if you can find different natural items to match the colours in the rainbow. (Try not to pick any wildflowers that are growing – see if you can find any petals on the floor or ones whose stems have been broken.) Print the Flower Spot sheet and see if you can spot the different colour flowers.

🍄 Shady spots – this is a really great way to get children looking in depth at the world and colours around them. If you have any paint charts (the type you get from DIY stores!) these are great to use. Otherwise you could just choose one colour – you could paint different shades of this on a piece of paper. When you are outside, see how many different shades of one colour you can find. Once you've done this, you could have a go at ordering them from dark to light, or light to dark.



🍄 Magic Colours – this is a great magic trick to try on children (they will love doing it too!) It involves a little bit of preparation! You will need a few empty jam jars and some food colouring. A few hours beforehand, place a few drops of food colouring in the inside of the jar lids. Do a different colour in each lid. Then pop the lids in the freezer. Just before you do the trick, take the lids out of the freezer and pop back on to the jars (filled with water) The jars look like plain water, then when you shake them, they magically turn coloured (as the food colouring melts and mixes with the water!)



🍄 Paint a rainbow – this is a great chance to discuss the colours of the rainbow – have a go at making your own rainbow. You could use regular paintbrushes or we like to have a go at painting with different natural items – we used dandelion heads (once we had had fun blowing all the seeds away!) You could hang your rainbow in your window to show everyone!



🍄 Nature Mandala – the meaning of the word 'mandala' comes from the Sanskrit meaning circle. A mandala always has a circular nature, but may contain other shapes, it is a spiritual and ritual symbol in many cultures and they are often linked to unity and harmony. I love making mandalas out of natural material, it is really therapeutic and the whole family can get involved, whatever their age! Have a go at collecting different coloured natural material to add to your mandala.



Day 2

You will need:	
Plain material	
Natural Tie Dye Sheet – see sheet for dye recipe	
Marbles/stones & elastic bands	
Natural material(leaves, flowers, twigs etc)	
Paper, paintbrush	
containers	
Turmeric & Bicarbonate of soda	



🍄 **Natural tie dyes** – There are several different dyes that you can create to make different colours, you can have a go at making different patterns using tie-dye – simply tie marbles or stones into your material before adding to the dye. Follow the instructions on the Tie-Dye sheet. You will need some plain material (e.g. an old bed sheet or T-shirt)



🍄 **Natural paints** – We collected different natural items for each colour in the rainbow and put these into their own pots. We then added some water and just mashed each material up until the colour came out into the water. I've read some articles where people have had better results by heating the water, either in the microwave or on the hob. It was lots of fun and for us it was more about the process than the finished product! We used strawberries, oranges, dandelions, grass, forget me knots, a purple flower and Charcoal!



🍄 **Turmeric magic dye** – this is another awesome 'magic' activity which also requires a little bit of preparation! You can use either paper or material for your base. Either material needs to be placed in a solution of turmeric and water (I basically poured a two tbsp of turmeric into a container and added water, stir until it dissolves!) The turmeric will dye the paper/material an orange colour. Leave this to dry. When this is dry, make up a solution of bicarbonate of soda and water. When you paint this onto the turmeric paper/material it turns the material a striking red colour. There is lots of science behind this; basically a compound within turmeric – curcumin is a natural pH indicator. Bicarbonate of soda is a base and so alters the chemical structure of the turmeric and thus alters its colour.



🍄 **Turmeric magic messages** – you will need some paper, and the bicarbonate of soda and water solution and turmeric solution from the activity above. Use the bicarbonate of soda and water solution to write a message on a piece of paper. Leave this to dry. It will appear to vanish when it dries. Then paint a layer of the turmeric and water solution on top, and the magic message will be revealed!

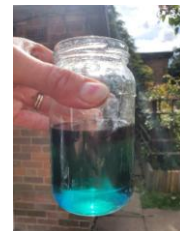


🍄 **Plant Crayons** – I was really impressed at how well these turned out! This time have a go at using different natural items as Crayons – we used some flowers and leaves from the garden (try and find flowers that have already fallen on the ground) Simply rub the material on to your paper and see what colour it makes – we found some surprises, some of our flowers made different colours than what we expected!



Day 3

You will need:	
Empty jam jars	
Food colouring (red/yellow/green/blue) sugar & containers (e.g. Cups)	
CD	
Paper, hole punch, stapler/tape/glue	
Kitchen roll	
Coloured paper/ribbon	



🍷 **Making rainbows** – You will need an empty jar and some items from the kitchen for this! Set out 4 glasses and measure 1 cup of water into each glass. Then add a few drops of food colouring into each jar. Then measure out a different amount of sugar and add this to each jar (e.g. red – 2 tbsp, yellow 4tbsp, green 6tbsp and blue 8 tbsp and stir until sugar is dissolved – you can gently heat to aid this) This activity is all about density – the denser the liquid, the more likely it will sink. The blue colour is denser due to all the sugar it has absorbed and so will sink to the bottom. Then add your water to the jam jar – we started with the blue, then green, yellow and red. You need to add the liquid slowly – we used a pipette which was ideal. If you haven't got one you can pour slowly and use something like a spoon/lollipop stick to pour down.

🍷 **Making rainbows - CD** – this is a great activity to do on a sunny day. You just need an old CD, some white paper or a blank wall. Use the shiny side of the CD to reflect the sunlight on to your paper or wall – you will be able to see a rainbow! What does it look like? What colours can you see? What happens when you change the angle of the CD? To extend this activity, draw round the CD on to some paper and cut out the circles. Then use these to cut out various snowflake shapes. Now you can tape these over the shiny side of your CD and experiment with the different patterns!



🍷 **Walking Rainbow** - for this activity you will need three empty jam jars, some food colouring and paper towels. Place red, blue and yellow food colouring into three separate jars with some water. Then fold up your kitchen roll into a rectangle. Take one of your folded pieces and place one end in the red jar and one in the blue, then place another piece with one end in the blue and one in the yellow. Finally place your last piece with one end in the yellow and one in the red, so they are all connected in a circle. Now leave your jars and wait! Gradually the colours will soak up the kitchen roll – this is called capillary action and is how plants draw up water from the soil. Eventually the colours will move up the kitchen roll and where two primary colours meet, secondary colours will form!



🍷 **Rainbow windsock** – Use a piece of A4 paper landscape and then roll to form a cylindrical shape and then attach the sides together using either glue/tape/stapler. Use a hole punch to make two holes opposite each other, near one of the ends of the cylinder. Thread string through these holes to make a handle for your windsock. Then cut strips of coloured paper / ribbon and stick these inside the opposite end of your cylinder. Now your wind sock is ready! Hang it outside on a windy day to watch the colourful streamers!

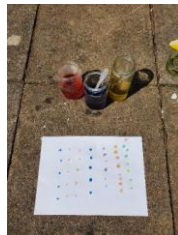


Day 4

You will need:	
Food colouring	
Empty jam jars	
paper	
paintbrush	
Natural material (e.g. leaves) herbs, spices	
pipettes	
Ice cube tray	
Empty containers	



🍷 **Water colour paints** – If you haven't got any watercolour paints, you can make some by adding a few drops of food colouring to water – we were really impressed how these turned out!



🍷 **Water colour explore** – once you have made your watercolour paints – this is a great way to explore what happens when you add different material. We used our homemade red, blue and yellow paints, then I put out some salt, oil, water, bicarbonate of soda and lemon juice. The children really enjoyed exploring what happened to the paint when they added different materials.



🍷 **Leaf print** – use your watercolour paints to create some leaf relief prints. We chose leaves from the garden and placed these on to our paper. We then added paint around the outline of the leaf. If you have a spray bottle, you could experiment with spraying paint around the outline to see what effect you get.



🍷 **Colour mixing** – using the water colour paints that you have made, give children red, blue and yellow water, some pipettes or pouring containers and some empty ice cube trays. Let them experiment with mixing colours and see if they can work out how to make other colours.

🍷 **Potion Making** – Put some different coloured water into different containers and then place these outside along with some empty containers and natural material (e.g. leaves, flowers, herbs, spices) Then leave children to create and mix their own potions!

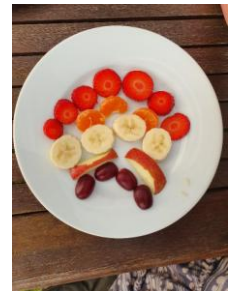
🍷 **Ice paint** – Once we had finished experimenting with our colour mixing, we popped the ice cube trays into the freezer overnight. The next day we got the coloured ice out to explore. We had lots of fun mixing these into different potions; you can also use them to paint with, rubbing the ice on to paper as it melts. This activity could be extended to look further at melting – you could provide a range of materials such as cold water, warm water and salt to see how these affect the ice melting.



Day 5



You will need:	
Playdoh sheet – see sheet for recipe	
Paint & paintbrush	
Natural material (sticks/stones, leaves, flowers)	
Natural material / paper	
Cotton wool pads	
hammer*safety goggles if you have them	
Variety of fruit	



🍌 **Colour playdoh** – we love homemade playdoh here at Muddy Feet – follow the attached recipe to have a go! You could try adding different food colouring or different natural dyes to make different coloured playdoh (there are some ideas for the dyes on the attached sheet)

🍌 **Rainbow sticks**– We love painting on different materials and really enjoy painting on sticks! Our rainbow sticks have been used for lots of different activities including building and counting!



🍌 **Rainbow stones / wood slices**– There is something lovely and tactile about using natural material, we painted these stones several weeks ago and they have been in use every week as counting aids and for pattern making. If you don't have any wood, you could have a go at painting stones or rocks different colours – you could hide these somewhere for someone else to find!

🍌 **Paint splat**– This activity is definitely one to do outside and is lots of fun! You just need some cotton wool pads, paint, paper and a hammer. Place blobs of paint on the paper; cover the paint with a pad and then 'splat' the pad with a hammer!


🍌 **Hapa Zome** – This is a Japanese art form which translates loosely as 'leaf bashing' It involves placing different flowers / leaves on a piece of material or paper. This is then covered with another piece, or you could fold a piece in half and sandwich your plant material in between. Then gently hit the material on top of the flowers and the pigment from the plant will print on to the material / paper.

🍌 **Rainbow fruit**– We are big believers that food tastes better outside – why not make a fruit rainbow or fruit kebab? You could even toast this over a Campfire if you have a fire pit or Chiminea at home!



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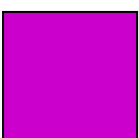
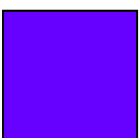
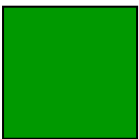
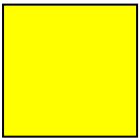
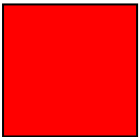
	<p>Red (Rose)</p>		<p>Orange (Primrose)</p>
	<p>Yellow (Dandelion)</p>		<p>Green (Ivy)</p>
	<p>Blue (Bluebell or Forget-me-nots)</p>		<p>Indigo (Aquilegia)</p>
	<p>Violet (Foxglove)</p>		<p>Pink (Rose)</p>
	<p>White (Daisy)</p>	<p>Any other colour flower</p>	

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Colour Hunt

Take this sheet out on your daily walk or into your garden – can you find natural items to match each colour of the rainbow? Try to find things that are already on the ground!



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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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Tie Dye Instructions

First prepare your material. Any plain material will do! We used some pieces of calico that we had but you could use an old sheet / t-shirt.

Take your marbles and tie these into the material, secure using elastic bands. Wherever the band is tied, those parts will resist the dye, so you can play around to make whatever pattern or design that you would like.

Then make your dye – this is not an exact science! It is all about playing around and enjoying the process! Here are some natural dye ideas:

Turmeric – yellow/orange

Beetroot – pink

Red Cabbage – blue

Onion skin – orangey/brown

Coffee – brown

Blueberries – blue

Parsley – green

Blackberries - purple

Make the dye – it really is an experiment, part of the fun is exploring what the colours will come out like – we didn't measure out the ingredients (but if you want to do this you can find several recipes online) Add water to the pan and then your chosen food/herb. (It really is all about playing around, using what you have at home – to give you an idea I filled my pan roughly 1/3 full of water and used probably about half a tub of frozen blackberries I had in the freezer.) Bring to the boil and then turn down to a simmer – the idea is to reduce the liquid so that the dye is concentrated. Leave to simmer (again it's not an exact science – I left mine for approximately 30 mins) Remove dye from heat and leave to cool. Then place your material in the dye and ensure it is fully covered. Leave for as long as you like to achieve your desired effect! Then remove from the dye, untie the marbles and leave to dry!

