



## Mud Baking



Outdoor kitchens can be a place for creative sensory play. Sensory play helps children learn about textures and assists with fine motor skills and hand-eye coordination. Is there an outdoor space where you and your child can set up a mud kitchen?

If mud cakes are on the menu try digging some dirt or sand into a bucket and fill a second bucket with water. Gather a small table, flowers, mixing bowls, cups, old cutlery, wooden spoons, whisks, funnels and muffin tins. Metal, wood and stone objects are best and more sustainable. You might visit your local opportunity shop or ask family and friends to help gather these items. Place all the items in the outdoor kitchen and enjoy creating.