



June 2019



Hi everyone! I have a question that I have been wondering about. Have you ever played in mud before? My clubhouse friends and I love to play in mud and we come up with new and fun ideas each time we do it. We've created mud cafés, navigated our way through a mud obstacle course, enjoyed rides on a muddy slip 'n slide, adventured in nature on a mud treasure hunt, painted with mud, and splashed around while mud puddle jumping. Mud play is SO MUCH FUN and can be a joyful experience for children, adults, and animals like us. Our friends at Community Play Things even wrote an article sharing the [numerous benefits of playing in mud!](#)

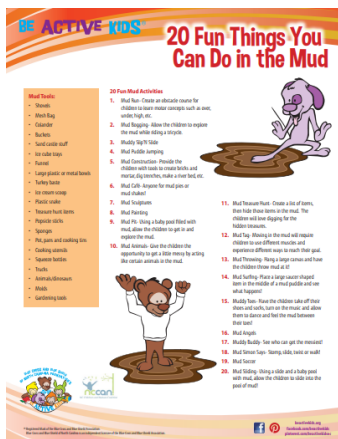
We get extra excited this time of year because there is a day in the month of June that is dedicated to playing with mud. Did you know that? Well, there is! It's called [International Mud Day](#) and it was established in 2009 at the World Forum for Early Childhood Care and Education in Belfast. On June 29<sup>th</sup>, you can join Be Active Kids and others from around the globe in a day of splashing, rolling, squishing, sliding, making mud pies, mud sculptures, and more. At the end of the day, the mud will wash off but the playful memories you make with your friends and family will stay for a lifetime!



*Lulu's Child Enrichment Center  
2018 Mud Day (Taylorsville, NC)*



These are two of our favorite resources to help teachers and caregivers be inspired to create more mud play opportunities for children.



## [20 Fun Things You Can Do in the Mud](#)



## [Who likes mud?](#)

If you are planning to celebrate International Mud Day we want to hear from you! Email your mud play stories and pictures to [info@beactivekids.org](mailto:info@beactivekids.org) or share your muddy fun on Facebook, Twitter, and Instagram by using #beactiveblue, #caughtbeingactive, and @beactivekids.

We can't wait to see all of those smiling, mud-covered children and adults having fun and being active together.

Happy summer and see you in July!