



June 2020



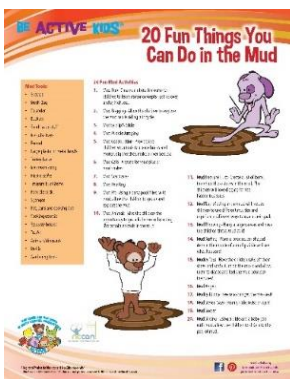
Hey Friends!

My friends and I hope everyone is safe and well during this challenging Covid-19 time. We want you to know that though things are different, you can still be active. Do you know where one of the best places to be active is...outside! Outside is great because you can maintain a social distance, while exploring nature. We know that activity is great for you, but did you know that it improves your mood, helps you focus, improves impulse control, and helps you learn. You can take a nature walk, go on a scavenger hunt, go on a scenic bike ride, and play in the mud. All while getting your vitamin N, NATURE.

While outside you can also celebrate, International Mud Day! International Mud Day is celebrated on June 29, 2020. That's right it is time to get down and dirty and play in the mud. Did you know that playing in the mud helps...

1. Stimulates the immune system and may help prevent allergies
2. Reduces a child vulnerability to depression
3. Improves cognitive function
4. Inspires creative thinking
5. Inclusive play for all children
6. Inspires a connection to nature

To learn more about the importance of mud play we encourage you to read the full article in [Community Playthings](#).



If you need some ideas of how to play in the mud use the Be Active Kids Mud one-pager to help you get into mud play. If you don't have dirt or a back yard, you can purchase clean dirt from the local home improvement store or garden center. You just want to make sure it is free of chemicals and manure. Depending on how much mud you want to make available, you can place the mud in a wash pan or in an area of your back yard. If that is still not possible, you can make "mud" by mixing coco powder, cornstarch and water. Share what you do with your family in the mud with Be Active Kids so we can share with our friends and followers online.

Enjoy the great outdoors and the warm weather this month. We look forward to seeing you again next month when my friends and I will more great ideas for you to be active!