

Muddy hot chocolate

Unleash your creativity by making a muddy drink

What you need:

- Water
- Jugs
- Water dispenser (optional)
- Spoons or scoops
- Mud
- Cups and mugs
- Sticks
- Squirty foam



Top tip ★

Squirty soap foam is an excellent children's alternative to shaving foam and is available to buy cheaply.

What's in it for the children?

Using the squirty foam is brilliant for building up **finger strength** and **fine motor skills** which are key for when children begin their writing journey. A child's hands will benefit from plenty of activities such as this along with squeezing, pressing and manipulating objects.

Taking it forward

- Explore filling and emptying other containers and discuss capacity.

What to do:

1. Pour water into jugs for the children to use, alternatively, use a water dispenser for the children to access freely.
2. Show the children how to scoop a spoonful of mud into a cup and fill with water.
3. Encourage the children to stir with a stick or spoon and add more mud until it looks like hot chocolate.
4. Show the children how to use the squirty foam on top of the muddy hot chocolate drink. Move around the top of the cup in a circular motion.
5. Encourage the children to sprinkle extra mud on top and place a stick in for a pretend chocolate treat.



Health & Safety

Check for skin allergies when using squirty foam.

Muddy noodles

Served fresh with mud

What you need:

- Mud
- Bowls
- Frying pan
- Safety scissors
- Wool or string
- Items from nature
- Sticks or chopsticks



Health & Safety

When discarding mud back into the earth after play, remove any non-natural materials before doing so.

What's in it for the children?

Following simple instructions helps to develop children's **listening skills** and understanding of new vocabulary. Using chopsticks helps to build **hand strength** and develop **fine motor skills**.

Taking it forward

- Encourage the children to use chopsticks to move the noodles from one bowl to another. Incorporate counting to add a mathematical element to the activity.

What to do:

1. In the mud kitchen bowls, stir and mix a muddy mixture together. This will be the soy sauce.
2. Show the children how to use safety scissors to cut different lengths of wool or string. Stir them into the muddy bowls.
3. Encourage the children to 'fry' some natural ingredients such as petals, flowers and leaves for the meat and vegetables.
4. Show the children how to stir them into the muddy noodle pan and 'cook' for a few more minutes.
5. Encourage the children to 'serve' the noodles to their friends and practise picking them up with chopsticks (or two sticks).



Top tip ★

Save chopsticks from takeaways and ask friends or relatives who enjoy knitting for any of their wool cut offs to use as muddy noodles.