

Let Kids Get Dirty!

15 FUN DIRTY ACTIVITIES

- Bring a pail and shovel along to the park, beach or trail.
- Build castles in the sand, dirt and mud.
- Set up an outdoor mud kitchen or construction site.
- Plant seeds in a garden or in pots.
- Look for and touch bugs, frogs and worms.
- Touch grass, leaves, bark and (non-poisonous) plants.
- Go barefoot on grass, sand and dirt.
- Splash in puddles.
- Collect rocks, leaves, pine cones, shells and sticks.
- Roll in the dirt and grass.
- Pet and play with domestic animals.
- Make seed balls (bombs) and disperse them.
- Paint with mud.
- Make magic flower potions.
- Make a mud pit in the ground or in a shallow container.

***Avoid washing dirty hands until it's time to eat
(or after going to the toilet).**

