



Topic based resource
Wellbeing
Foundation Phase

Eco-Schools



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

3 GOOD HEALTH
AND WELL-BEING



cadwch keep
gymru'n wales
dachus tidy

Background information

Everyone knows that fresh air and being outdoors is good for our health but don't always consider all the different ways it is good for us. Spending time in nature releases natural hormones such as Serotonin which helps with mood, self-esteem and motivation. Helps prevent short sightedness in children, promotes a connection to nature, prevents vitamin D deficiency, increases physical activity which helps to prevent obesity and type 2 diabetes. Time in a natural environment also helps to develop a connection to nature and a feeling of 'cynefin'. Expressing themselves with natural materials is a part of this.



Climate perspective

Feeling connected to nature promotes healthy lifelong behaviours. If children have a connection to nature and all the positive benefits it brings, they will grow up with a desire to protect the planet. Painting with mud and other natural materials allows them to really feel the earth. They

become absorbed in the activity and the joy at what they have created helps them identify why the natural environment is so important and needs their help. If climate change continues then many of these natural spaces they are investigating will be lost.

Mud Painting

Foundation Phase

Let's get muddy!

Children spend a lot of time painting on pieces of paper. In this activity they get the chance to be big and bold, painting with big brushes on a big canvas. If you gather mud from different sources, you will get lots of different tones of brown. Do not be tempted to use bagged compost though as it does not have the same effect. Mud painting encourages a connection to nature as they are using natural materials and the whole-body motions of big painting provides opportunities for stretching the body in different directions.

Materials needed:



- Old white sheets
- Thick paint brushes
- Small buckets
- Trowel
- Water

Step 1

Old white sheets make excellent canvasses for mud painting. The sheets can either be hung up on a fence or laid on the ground with weights on the corners to stop them moving about.



Step 2



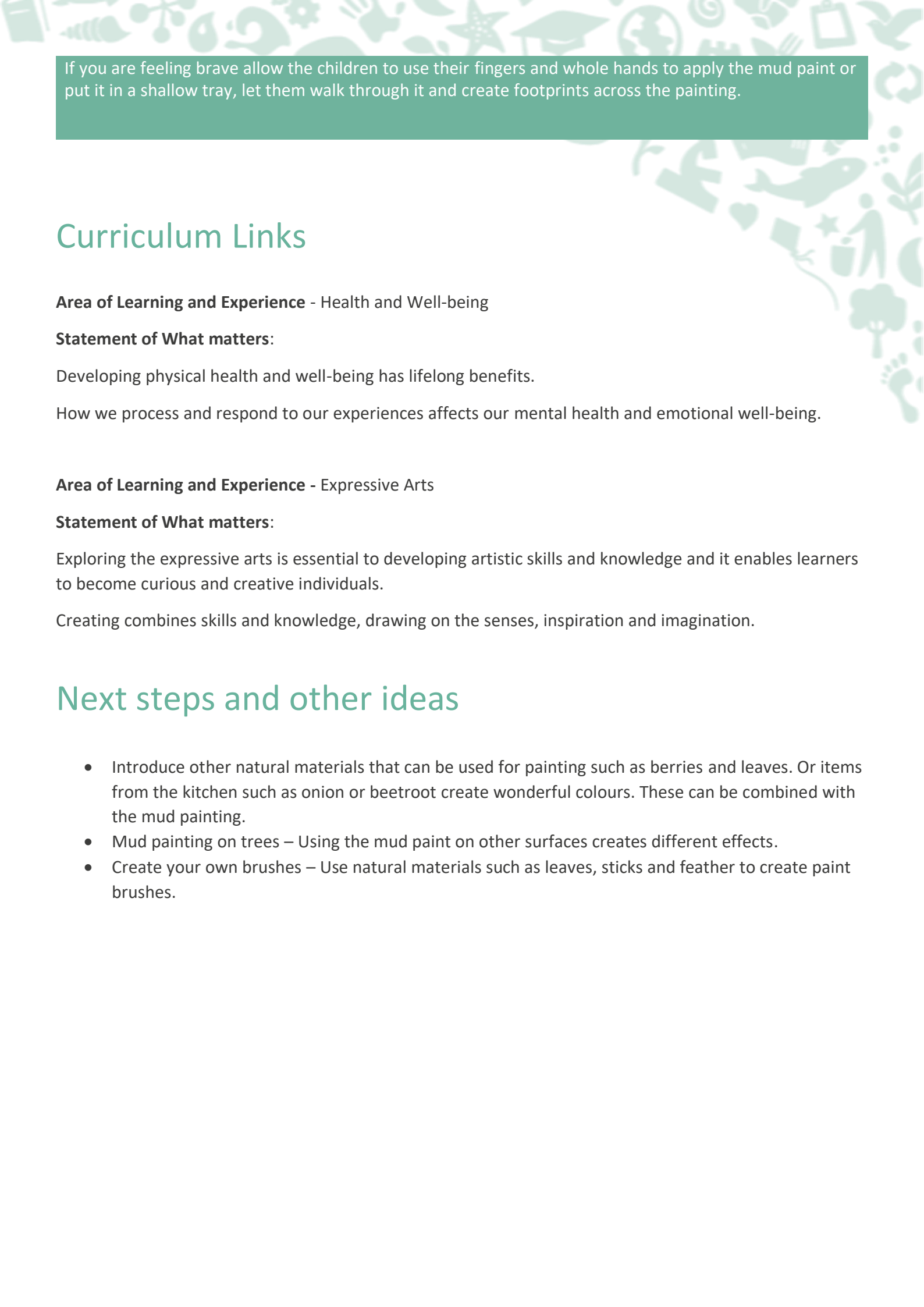
Show the children an area where they can dig up some mud to put in their small buckets or pots. Trowels or spades can be used but a stick is also excellent for digging with. Once they have mud in their buckets, they need to add water and stir it to get the right consistency for paint.

Step 3

Let them go wild painting on the fabric. Sometimes it takes a while for them to break out of the constraints of painting small images, but they will quickly become absorbed in the painting.

Step 4





If you are feeling brave allow the children to use their fingers and whole hands to apply the mud paint or put it in a shallow tray, let them walk through it and create footprints across the painting.

Curriculum Links

Area of Learning and Experience - Health and Well-being

Statement of What matters:

Developing physical health and well-being has lifelong benefits.

How we process and respond to our experiences affects our mental health and emotional well-being.

Area of Learning and Experience - Expressive Arts

Statement of What matters:

Exploring the expressive arts is essential to developing artistic skills and knowledge and it enables learners to become curious and creative individuals.

Creating combines skills and knowledge, drawing on the senses, inspiration and imagination.

Next steps and other ideas

- Introduce other natural materials that can be used for painting such as berries and leaves. Or items from the kitchen such as onion or beetroot create wonderful colours. These can be combined with the mud painting.
- Mud painting on trees – Using the mud paint on other surfaces creates different effects.
- Create your own brushes – Use natural materials such as leaves, sticks and feather to create paint brushes.



cadwch keep
gymru'n wales
daclus tidy

33-35 Heol yr Eglwys Gadeiriol, Caerdydd, CF11 9HB | 33-35 Cathedral Rd, Cardiff, CF11 9HB
029 2025 6767 keepwalestidy.cymru info@keepwalestidy.cymru

Cadwch Gymru'n Daclus yn gwmni wedi ei gyfyngu trwy warant. Rhif Cwmni: 4011164 Rhif Elusen: 1082058 Rhif TAW: 850 3958 13
Keep Wales Tidy is a Company Limited by Guarantee. Company Registration Number: 4011164 Charity Registration Number: 1082058 VAT Registration Number: 850 3958 13

