

# Mountain View children get back to nature



**PATA-CAKE:** (above) Children prepare mud cakes as part of International Mud Day celebrations; and (right) Children at Mountain View Children's Centre get their hands dirty for International Mud Day.

CHILDREN at Mountain View Children's Centre got down and dirty to finish term two by celebrating International Mud Day.

The gumboots were on and some were off, sleeves were rolled up and in they went, jumping, squashing, oozing and dripping mud through fingers and toes.

Educator Alex Hammond said the children also had "wonderful fun" painting and cooking with mud.

"They also enjoyed delicious 'Wombat Stew and Dirt Cake' for lunch," Alex said.

"The water trough was turned into a mud bath as children delighted in immersing items in the mud and marvelled at the texture and feel."

International Mud Day began in Nepal and Australia in 2008 and is now celebrated by thousands of children in countries worldwide.

"The day is about children playing in mud at around the same time as a chance to celebrate nature and the great outdoors, by getting muddy and connecting through childhood, nature and passion for adventure," Alex said.

"It's an excuse to get back to nature, and to get dirty."

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