



The Muddy Puddle Teacher[®]

Using your outside space to support the children's mental health and holistic development in the EYFS

Itinerary

1:15 Learn about the Muddy Puddle Teacher Approach and the Three Muddy M's

Mother Nature | Mental Health | More Kids Moving

1:30 Let's play some games to understand why the outdoors is so powerful for mental health

1:45 Learn some practical strategies to use nature and the outdoor space to bring the children a sense of home, comfort, and relaxation.

An interactive workshop which will help practitioners use their outside space to support children's mental health and holistic development. The Muddy Puddle Teachers have lots of lovely strategies to share with delegates, including happy feet, the muddy walk and talk, inner tree, worry leaves.

- [Subscribe](#) to our Training and Resources
- [Listen in](#) to The Muddy Puddle Teacher Podcast
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- Pre-order book - [A playful way to create an outdoor Early Years curriculum](#) Published by Bloomsbury

Muddy Book Shop

Article by Childmind.org: [Why kids need to spend time in nature.](#)

[Watch](#) Richard Louve talking about Nature Deficit

Links: [Worry Leaves](#), [Happy Feet](#), [Inner Tree](#), [Muddy Walk & Talk](#).

