



# The Muddy Puddle Teacher

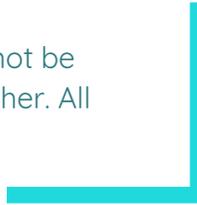


Muddy Yoga

BEE GREEN AND ONLY PRINT IF YOU HIVE TO :)  
USE THE ATTACHED HANDBOOK TO GUIDE YOU THROUGH SAFETY  
WHEN USING OUR APPROACH

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Write to Us PO BOX 5957, Sheffield, S20 9FN

Mon-Fri 10am-3pm

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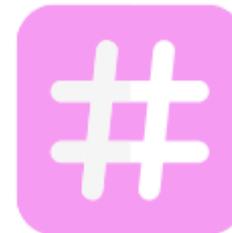
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Sharing the Muddy Love :)

# Welcome



## Message from our Founder - Sarah Seaman

Welcome :)

This pack will help restore purpose to your teaching and show you how getting a little messy can make outdoor learning more memorable for your students. If you're unfamiliar with the Muddy Puddle Teacher Approach then please refer to our handbook which will guide you through our Muddy ways. On this page you'll see the three Muddy Ms. These are our core values that remind us to give children the outdoor experience that they deserve. It can be very tricky at times not to let your indoor traits spread to the outdoors. We encourage you to use our tips and the attached handbook as these will help keep you focused and shed light when you need it. Have fun and enjoy getting Muddy!

Sarah :)



## Muddy active



On cold days you'll want to keep the children even more active so don't be afraid to have little breaks where necessary. At Muddy HQ we call this 'dispersing'. We let the children go for a jog around the yard or jump on the spot and do star jumps if space is limited. This gets children warmed up and gives them that burst of energy they sometimes need to focus on more challenging work.

Some of the activities below require asking the children to sit down and do work on the floor. Get them to run around while they search and collect items such as sticks, leaves and mud. You can ask them to run, hop, skip or jump. Make it more challenging and increase the pace by putting a timer on how long they have to collect the items.

## Muddy nature



We believe in BALANCE and while our goal is to promote the use of natural resources, we understand that this may be restrictive at times and not always possible in every lesson. But we do want to encourage you to use natural resources and most of our ideas will make this very easy for you. Why is this so important? Because it gives children the chance to experience and touch nature, all while getting good bacteria into their systems. It's also a much better sensory experience for children if they use natural resources rather than plastic. And above all, it encourages sustainability and teaches the future generation to respect the environment.

## Muddy well-being



The Muddy Puddle Approach is passionate about school being a happy and safe space for children. Learning is such a gift and should always be fun for children of all ages. So try to distinguish between indoor and outdoor activities. Avoid using indoor practices that can often segregate groups, such as differentiating, grouping by ability or gender, competitions or stars of the day. Instead, let the children be children. Give them the chance to simply enjoy learning and achieve together without rewards. It will take some time to shift your mindset and teaching style, but don't worry. It will be worth it once you see the results!

# Before you start



## Summary

This activity pack will give you enough fun ideas to keep your class engaged and ensure they appreciate the joys that rainfall brings. In this pack, you'll also find a certificate, a slideshow to teach children about the purpose of rain and a sample home learning sheet to engage parents.

## Safety

The rain also brings lots of wonderful conversation starters that we can have with the children about safety. Not enough children play in the rain so you may need to have a safety chat at the start of every rainy session. If you have appropriate apparatus, talk about hills and grass being slippery. Make sure you model safe ways to walk around surfaces when they're wet. Also, discuss the consequences of not wearing waterproofs.



## Resources to prepare

Have a rainy day bag ready at the door so that you're prepared to be spontaneous with this learning. Although this activity pack covers all the relevant curriculum content, you'll need a splash of spontaneity to achieve the desired learning outcomes. Read the activities below and start to gather materials!

**“CHANGE IS THE END RESULT OF  
ALL TRUE LEARNING.” —LEO  
BUSCAGLIA**

# The Muddy trees pose

## Instructions

Ask the children to take a seated position and cross their legs. Get them to do this activity on a grassed floor or bring mats. Choose whichever you feel most comfortable with. Then show the children how to raise their arms above their heads. Ask them to take a deep breath, close their eyes and then exhale. Encourage them to hold the pose for as long as they feel comfortable.

## To help with attention and focus

First go outside with the children and look at the trees. Discuss how solid and well grounded they are. Talk about how the wind blows while the trees stay still with just their branches swaying. Or discuss the fact that the tree has a good core strength and strong roots to keep it centered.

Then go into your tree pose and ask the children to close their eyes and imagine they are the tree. Centered and strong, allowing the sun to shine on their skin and help them grow. If it has rained encourage them to feel the wetness under their bottoms. Alternatively, get them to imagine soaking up the rain. Hold the pose for as long as the children feel comfortable. Repeat if needed. Then simply move into another Muddy pose.



**Don't worry if the children take some time to complete this. They will develop strong stamina and be able to hold the pose for longer.**

# The Muddy rain pose

## Instructions

Show the children how to cross their legs while they wiggle and jiggle about until they're comfortable. This is best done in the rain but if you don't have it, that's fine. You can try and summon some rain instead. Ask the children to put their hands out flat and close their eyes while they feel or summon the rain. It's a beautiful pose to hold when it's drizzling rain and it will get the children in tune with their senses. In Moga we don't always need to close our eyes. Sometimes a smile helps us hold that pose.

## To help with attention

Read a book about rain beforehand or discuss the water-cycle. Encourage the children to ponder about the rain and what it is. You can even write a story about the grumpy rain cloud. Then get the children to go outside and hold this pose for adjective work.



**"It's not about being good at something. It's about being good to yourself."**

# The Muddy acorn pose



## Instructions

This is a hard pose to get into for some children, so start slow and show them how to tuck their knees into their tummies while they do the inverse of this pose. What you want is for the child to think about the compounds of the acorn and how solids snuggle up together to make a single acorn. If it's autumn time, use a conker too!

## To help with attention

Get the children to hunt for acorns, then ask them to make acorn pictures. There are some lovely acorn people designs online. Simply use a marker pen and make faces. Let the children play with them and hide them around your space. It will help them engage and improve their ability to do this pose.



"A flower does not think of competing to the flower next to it. It just blooms."

# The Muddy thanks pose



## Instructions

This is a really lovely pose that you can get your children to use to say thanks to Mother Nature. With this pose, try experimenting with how they sit crossed legged and check if they can tighten up that cross. Then get them to hold a thankful pose with a big smile on their face. Encourage them to take some time to hear and appreciate the sounds of nature. Finish by getting them to relax their arms and talk about how it made them feel.

## To help with attention

Do some work beforehand and discuss the importance of nature. Without trees we wouldn't be able to breathe. Without bees we wouldn't be able to grow other plants. Without worms we wouldn't have compost. We all help each other in the circle of life. Draw pictures and write stories. Then go outside and get the children to do this pose.



"Inhale the  
future, exhale  
the past."

# The Muddy flowers pose



## Instructions

Ask the children to stand and stretch tall to the sky. Then perform the stretch again and show the children how to reach one hand over themselves as if a flower was reaching for the sun. Hold the pose for a while, then return to the middle and reach for the other side. As if the sun had moved and you wanted to reach for the last bit of sun of the day!

## To help with attention

If you're doing any topics on plants this pose will support your teaching. Get the children to imagine they're a plant and that they have to search for sunlight to survive. This pose can help children become mindful of the daily struggles a plant faces in order to survive and understand just how important the sun is.

Giving children an interest is a great way to engage them in learning.



"The pose begins when you want to leave it."

# The Muddy sun pose



## Instructions

Ask the children to stand and stretch tall, placing their hands above their head. Then when the children are ready, get them to try and balance on one leg. This is a hard exercise so don't worry if it takes some time. Concentrate on the pose and practise. Explain that it's a pose to thank the sun for its warmth and light.

## To help with attention

If you're doing a topic on space, use this pose as it's a thankful pose to the sun. The sun pose creates a lot of core strength and will need to be practised. It's a great exercise to help master resilience and teach children that practice makes perfect. Encourage the children to go freestyle after this and see if they can make their own Muddy sun pose.



"You cannot always control what goes on outside. But you can always control what goes on inside."



# The toadstool's pose



## Instructions

Ask the children to stand and do a tall stretch. Then ask them to bend their legs and clasp their hands together. They can choose to close their eyes or keep them open. Encourage them to imagine that they're a magical toadstool and see how long they can keep their toadstool pose for. Finish with a nice big stretch and when the children are ready, repeat the exercise and see if they can improve their pose.

## To help with attention

If you're doing any magical or mythical topics, use this exercise. You can have some children pretending to be toadstools while the others dance around them. Then swap over. Remember to discuss with the children after the exercise. Ask them how their muscles feel and what their body is telling them. Does anything hurt or feel stretched?



"Be where you are,  
not where you think  
you should be."

# The spring pose



## Instructions

Get the children to stand on two feet and stretch up tall while they inhale. Then encourage them to exhale and breathe normal. Model and ask the children if they can hold their arms out like a new shoot in the spring. Then challenge them to take one leg off the floor and balance. Hold the pose and repeat the exercise.

## To help with attention

This pose is perfect to do in spring as nature will be all around the children. Get the children to mimic the shoots as they come through the ground and ask them to stand still. Encourage the children to discuss how it feels to do the pose.



## Just breathe!



We do a  
mindfulness pack  
too. Head to  
resources

# The Muddy worm pose

## Instructions

This is a lovely pose but it may be difficult for some to do. Make sure you show the children some comfortable poses as well so that they don't over stretch. Get the children to lie on their tummies and imagine they're little worms. Then encourage them to imagine that it's started to rain and that the worms are coming to the surface. Get the children to stretch their necks up tall and hold the stretch. Instruct the children to take a deep breath and then relax.

## To help with attention

Use this pose if you're doing a mini-beats topic or anything about bugs. Make sure you familiarise children with the topic first so that when they practise the pose it has meaning for them. Afterwards let them play worms and bugs. Encourage them to use their imagination. Then go freestyle and ask the children to make their own bug-tastic poses. Get them to try a spider pose or a butterfly pose.



**"You cannot always control what goes on outside. But you can always control what goes on inside."**

# The Muddy friend pose



## Instructions

This is a great exercise to help form friendships and foster appreciation. Ask the children to either sit on their knees or to sit cross legged while they give each other a smile. Lots of children will be uncomfortable with this at first but a quick glance can be enough to build confidence. Once they've mastered this, ask the children to think of another pose that involves holding hands and showing friendship.

## To help with attention

This is great exercise to couple with any personal or social work. Encourage each child to play with the friend they've chosen and do a small circle time task. Get the children to talk about how they can use their bodies to show they care.

“A single rose  
can be my  
garden... a single  
friend, my  
world.”- Leo  
Buscaglia



# Congratulations!

To



You have been awarded the  
Muddy Yoga Award !

Signed .....Date.....

“LIFE IS A JOURNEY, NOT A DESTINATION.” -RALPH WALDO EMERSON

Message for parents!

If your child likes to learn outside then  
check out our parent packs at:  
[www.themuddypuddleteacher.co.uk](http://www.themuddypuddleteacher.co.uk)