

Daily Outdoor Learning Sheet

Friday 22nd May

Fun Fact

A bacterium found in mud has been shown to increase levels of serotonin in humans – *serotonin* is sometimes called the happy chemical, because it makes us feel good.



Maybe this is why children love to play in mud!

Quote

"I took a walk in the woods and came out taller than the trees."

—Henry David Thoreau

Nature Soundscape

Relax to the sounds of the British countryside and learn about the forest in this interactive website. Click [here](#) to enter.



When you enter the website, slowly scroll down to experience the different sounds of the forest over the course of a day.

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Craft and Wellbeing

Hikaru Dorodango

Shiny Balls of Mud: Hikaru Dorodango



Hikaru dorodango are balls of mud, moulded by hand into perfect spheres, dried, and polished to make them shiny. The process is simple, but the result is amazing. In the past, Japanese children would make these for fun. Today, not many children play in the mud. However, this old tradition is becoming more popular again. Why not give it a go? Click [here](#) for the instructions.