



Little Muddy Boots sessions are a unique way to engage children, in outdoor play and discovery. By combining gardening, nature exploration and forest school, we have something for every child, whether it be the quiet bug hunter or the energetic den builder! We work hard to ensure the children have a wonderful time playing, exploring and learning outdoors. We have a vast collection of ideas and activities (which all link to EYFS, KS1 and KS2) to dip into, from animal tracking, campfires, story led games, outdoor arts and crafts.



So why outdoor play?

- **Fitness and physical development** - Playing and learning outside, offers children freedom of movement, opportunities to develop a wide range of physical capabilities (including balance and agility, manual dexterity, physical coordination, tactile sensitivity, and depth perception [3]) and helps prevent myopia (nearsightedness) [2].

- **Empathy and stress management** - Regular outdoor learning sessions, allow children to see the natural world up close, whether that's the changing seasons or the life cycle of a creature [1]. LMB regularly include activities through which children learn to respect and understand the natural world. The freedom and independence that children experience in nature, can give them an inner strength and ability to problem solve - both of which they can draw on in later life during times of stress [4].
- **Creativity and imagination** - Playing and learning in nature, provides a wealth of opportunities for the children to use their imagination, invent and draw on new resources (likely to be unavailable inside the classroom). Young children learn predominately through their sensory and physical experiences which supports brain development and the creation of neural networks [1].

Click on the link below to see just what the children get up to during a typical Little Muddy Boots session

<https://vimeo.com/595954122/29608846d2>





Our locations



Little Muddy Boots was founded in 2014 with the aim of bringing more young families outdoors to enjoy nature, gardening and embrace each season. In 2021, we wanted to share our love of the great outdoors with even more people and franchised the business to grow a UK wide network of passionate outdoor educators.

Bracknell & Maidenhead

<https://littlemuddyboots.co.uk/bracknell/>

Cheltenham

<https://littlemuddyboots.co.uk/cheltenham/>

Henley

<https://littlemuddyboots.co.uk/henley/>

Windsor & Egham

<https://littlemuddyboots.co.uk/windsor/>

Wokingham & Reading

<https://littlemuddyboots.co.uk/wokingham/>

Isle of Wight

<https://littlemuddyboots.co.uk/isleofwight/>

Milton Keynes

<https://littlemuddyboots.co.uk/buckingham-and-milton-keynes/>

Important note: Each Little Muddy Boots franchisee has public liability insurance and all LMB staff are DBS checked, trained in Paediatric First Aid and have many years of experience working with children.





Testimonial

"LMB is the highlight of not only my daughters' weeks, but also mine! We have been going to LMB for 2 terms now and absolutely love it. It is so lovely to be outside and Hannah has so many fantastic ideas for activities which the children love. We have made bird feeders, planted trees, learnt about animal habitats, made campfires, to name but a few. There are far too many to mention. I would thoroughly recommend Little Muddy Boots." Mrs H, Warfield



Get in touch

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References

- [1] Council for Learning outside the Classroom
- [2] Rose et al., 2008
- [3] University of Colorado at Denver and Health Sciences Center, 2007.
- [4] UK National Ecosystem Assessment, 2011





Terms and Conditions for Little Muddy Boots sessions

- Full payment is due upon registration, or at least 48hrs before session takes places.
- We ask that should you need to cancel your booking, you contact the Little Muddy Boots team at least 48hrs beforehand so we can offer your place to those on the waitlist.
- Attending adults or staff must accept full responsibility for the safety of their child during the session.
- Please also refer to the link above for appropriate clothing suggestions and tips on what to bring with you for this outdoor play session. Check out our blog post for our top tips.

<https://www.littlemuddyboots.co.uk/2020/11/12/dressing-your-children-for-autumn-and-winter/>

- Inclement Weather (November-March): Little Muddy Boots sessions run all year round, and simply include activities that ensure the children experience the best of the British weather. During our winter terms, we keep the children moving, suggest they bring a warm juice to drink and when necessary run part or all of the session undercover.
- Should we need to cancel a session, parents will be notified/ contacted via Facebook/ Text/ Phone call/ Email.
- Little Muddy Boots will record, process and keep your personal information secure in accordance with the Data Protection Act 1998. Information will not be passed on/ sent out to a third party. Please see our full Privacy Policy on our website
- <http://www.littlemuddyboots.co.uk/downloads/privacy-policy.pdf>
- If the Group Leader would like to take any photos during the Little Muddy Boots session, they will always ask your permission first and ensure that image taken does not include the child's face (i.e. simply their hands holding a craft)
- Places are allocated on a first come first serve basis only and places are only secured if both a fee and booking form are in place. We ask that booking forms are completed in full so that we can cater for any allergies and also have an emergency contact for your child.
- To be added to the waiting list please email us at hello@littlemuddyboots.co.uk.
- Parents are asked to keep their children at home if they have a serious infection.
- Missed sessions: No concessions can be made for missed sessions or holidays. Please do not amend payment around your holiday. If you are unable to attend a class, you can send someone in your place as long as the child is within the correct age range.
- Priority places for places on the following term will be given to existing customers where possible.
- Please see our FAQ for any additional questions you may have:
- <https://littlemuddyboots.co.uk/faqs/>

