

Mud Paint Recipe

MUDDY FUN, ANY TIME OF THE YEAR

INGREDIENTS

- 2-3 teaspoons of mud for each color of paint
- 1-2 tablespoons of water for desired consistency (like yogurt)
- Food coloring in drops or gel form (5-10 drops for each color of paint)
- Dish soap
- Containers to mix paint in
- Spoons and forks for mixing
- Paint brushes, stick scribes, or hands to paint with
- Paper or fabric to paint on



TO MAKE IT

Step 1: Gather a bucket of mud. Be sure to set worms, leaves, and rocks aside

Step 2: Divide up mud into each container, one container for each color of paint you want to make

Step 3: Add water to mud and mix with fork until smooth and creamy (it's okay to have lumps!)

Step 4: Place five (5) drops of food dye into the first color of paint and stir. Add more drops if you'd like

Step 5: Add one drop of dish soap to each color of paint, which helps make the paint washable.

Step 6: Continue until you've made all your paints and remember that you don't need to add food coloring for your brown paint.

Step 7: Paint onto paper or fabric. Try cotton fabric, like an old pillowcase or sheet, or a t-shirt. If you paint on paper, remember that it is mud after all. Some of the paint will flake off the surface when completely dry, so be gentle when you display your artwork!

Shared by the Eastern Region Association of Forest and Nature Schools (ERAFANS) to encourage outdoor learning adventures and nature connection. To learn more, visit www.ERAFANS.org.