

## Dirt is GOOD!!!

UK experts, working on behalf of Persil, have revealed the definitive list of 33 things kids should do before their 10th birthday. Created as part of Persil's 'Dirt is Good' campaign, the list highlights the positive benefits and learning potential that **unrestricted play** can bring.

*Roll on your side down a grassy bank*

*Make a mud pie*

*Make your own modeling dough mixture*

*Collect frog spawn*

*Make a perfume from flower petals*

*Grow cress on a windowsill*

*Make a paper mache mask*

*Build a sandcastle*

*Climb a tree*

*Make a den in the garden*

*Make a painting using your hands and feet*

*Organise your own teddy bears picnic*

*Have your face painted (using face paints)*

*Play with a friend in the sand*

*Make some bread*

*Make snow angels*

*Create a clay sculpture*

*Take part in a scavenger hunt*

*Camp out in the garden*

*Bake a cake*

*Feed a farm animal*

*Pick some strawberries*

*Play pooh sticks*

*Recognise 5 different bird species*

*Find some worms*

*Ride a bike through a muddy puddle*

*Make and fly a kite*

*Plant a tree*

*Build a nest out of grass and twigs*

*Find 10 different leaves in a park*

*Grow vegetables*

*Make breakfast in bed for your parents*

*Make a mini assault course in your garden*



Check out Play Scotland's activity sheets for further details on these.