



# #MuddyMonday

## Key questions

**Why do we wear wellies?**

**Where have your feet taken you today?**

**How does being outdoors make you feel?**

## Instructions

Search for welly images online. Why do we wear wellies? What do you do in your wellies? What words or phrases could be used to describe the wellies? Ask pupils to pick one of the welly images. With a partner, talk about why you picked this particular image. How does it make you feel? Where do you think these wellies have been? Share your ideas with each other. Could you create a class story incorporating some of these ideas?

## You could also...

Ask the pupils to write their own story or poem based on one of the welly images with the title 'walk in my shoes'. What journey have the wellies been on? Who do they belong to? Why did they take this journey?

## Make it simpler

Pupils could design a pair of wellies for themselves. Do they show your talents, likes, hobbies, personality? You could paint, draw, or use technology to create your design. Share your pupils' designs on social media using the hashtag #MuddyMonday.

## Make it harder

Ask pupils, families, and school staff to bring in their old, unused wellies. Use the wellies as planters by filling them up with soil and bulbs or seeds. Make holes in the soles for drainage. Place the welly planters around the school grounds. Enjoy watching the flowers grow. You could plan a welly walk around your school where pupils walk around to find as many welly planters as they can. How about creating maps for people to follow to find them all?

## Find out more

Put on your wellies and have a go at these outdoor activities...

Wellbeing activity [pack](#)

Explore outdoor practices from the Buddhist faith which promote mindfulness and meditation – [Buddhism Outdoors](#)

How the Hunter original wellington boots are made - <https://www.youtube.com/watch?v=8ZkyIFPOfb8>

## Resources required

- Welly images
- Art materials

## What do you think?

What are the benefits to being outside?

