Soap Mud

Soap mud is a soft, foamy, glorious goop, which is wonderful for squeezing and squishing with hands and feet! It is often referred to as “clean mud” as it really does have the feeling of warm, wet mud, but is made from soap and therefore leaves your children smelling delicious!

1. Grate 3 bars of solid soap into a wonderful heap of scented shavings.
2. Tear up one toilet roll into lots of teeny-weeny pieces. This can become a fun game of throw it all around the room like snow but this last part is optional!
3. Probably best to move outside and pour in nearly 2 jugs of quite warm water to melt the soap shavings. Experiment!
4. Stir with big spoons, mashing with a potato masher and whisking it up into a lovely pulpy, bubbly, smooth mush! You may find it mixes best when you got your hands in and started smooshing it together that way instead. If it is too wet add a little more ripped toilet paper, if too pasty then add more warm water.
5. Add sparkles/glitter if you want! Use some cardboard and lay the soap mud onto it, making the beginnings of a relief sculpture. It will dry really well as it’s actually a soapy version of paper mache.