Clean mud is a squishy substance that has all the qualities of mud, but without the mess! Playing with the mud can also be calming.

There are two separate recipes you can use to make clean mud.

**Recipe 1**

**Materials:**
- 3 cups of baking soda
- Up to 1 cup of water
- A bowl or bin

**Instructions**
1. Pour the baking soda into the bowl.
2. Slowly add water while stirring.
3. Mud should feel squishy but not runny. Add more baking soda if needed.
Recipe 2
Materials:
- 1 bar of Ivory soap
- 1 roll of toilet paper (if you can spare this valuable resource...)
- 1 cup of warm water in a mixing bowl
- A deep bowl or bin

Instructions
1. Have your kids to remove all the toilet paper from the roll (a fun activity alone!)

2. Place toilet paper in a large container.

3. Now for the soap! You can either grate it, or microwave it (a science experiment too!)
   - Place soap on a plate and microwave for one to two minutes until soap grows into a foamy blob. This happens because Ivory soap has a lot of air in it. When microwaved, the heat causes the air, and thus the soap, to expand.

4. Crumble the microwaved soap (when cooled) or grate the soap into the bowl of warm water and mix until mushy.

5. Pour soap and water mixture over toilet paper and knead for several minutes (great for kids to do!)

6. Mud should be a smooth, mold-able dough. Add more water if the mixture feels too dry.