

Bright Horizons at 44 St Swithin decided to spend the whole of every Monday outdoors. The children spent time in their nursery garden and visited their local gardens and playing fields. Everyone played, learned and ate outdoors.

From August 2023 to when they applied for their Green Flag in February 2024 Bright Horizons children spent an average of 6 hours a day outside every Monday, totalling 144 hours! During Muddy Mondays no lighting, heating or electronics were used as the indoor space was not used. This will have reduced the energy the nursery used, reducing their greenhouse gas emissions and contributing to Climate Action.



Here are some of the things the children said about Muddy Mondays:

“Muddy Mondays is my favourite day at nursery.”

“I like playing in the sun and in the rain and even snow!”

“I like going to the duck pond and feeding the ducks.”

“I love going to the playing fields because I can run around so fast and play with my friends.”



By taking part in outdoor play during Muddy Mondays the children have developed problem solving skills, resilience and physical development. There have been endless opportunities for exploration, experimentation and contextual learning.



The children have enjoyed Muddy Mondays so much that the nursery is now starting Muddy Fridays so more children can be involved.