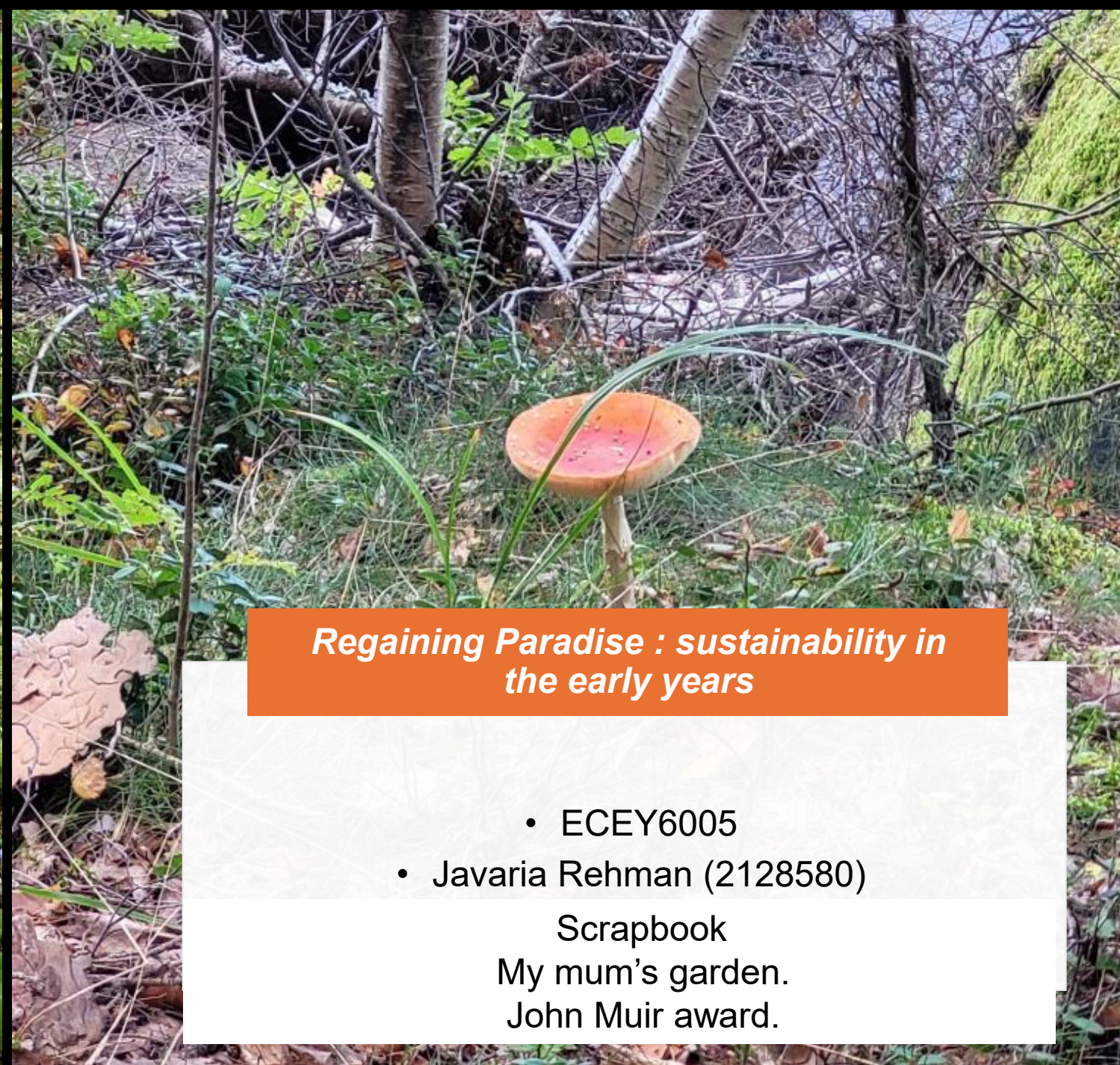




*Regaining Paradise : sustainability in
the early years*

- ECEY6005
- Javaria Rehman (2128580)

Scrapbook
My mum's garden.
John Muir award.



Discover

I discovered a green space in my mum's garden which is in Tyseley, Birmingham, it is a calm and natural environment, so I thought it was perfect to observe plants and flowers for the John Muir award. I also chose this location because it is easily accessible, safe, and gave me the opportunity to learn more about nature in a familiar setting.

The tall leafy plants and vibrant hanging flowers immediately caught my attention. I started to notice the textures, colours, and how each plant was growing uniquely, reminding me that even small spaces can be full of natural beauty and biodiversity. I had also noticed this hanging basket for the first time, even though I had walked past it often. It made me pause and pay more attention to my surroundings.



This part of the garden completely surprised me. I had not paid much attention to these cream-coloured hydrangeas before, but in the bright sunlight, they looked so fresh and full of life. I watched how the light moved across them and how bees occasionally landed, doing their work. This patch reminded me that nature does not ask for much, just some space, light, and a bit of care and in return it offers wonderful plants and flowers.

I was amazed to find a cherry tree growing fruit so early. Discovering the tiny cherries felt like a lovely surprise.



Discovering this little tomato nestled in among the leaves was such an exciting moment. I had not realised anything had started growing yet and I was not expecting to see this vibrant poppy blooming, it stood out beautifully and made me appreciate how nature can surprise us unexpectedly.





Discovering these pots and planting trays on a garden bed was the beginning of something exciting, seeing green shoots emerge made me curious about what else can be grown like this.



While spending time in the garden, I came across a bird's nest with two eggs. It was a quiet reminder that nature is active even in familiar spaces. I had not expected to see signs of wildlife so close to home, and it made me realise how important it is to be observant. This new discovery helped me understand that natural habitats can exist anywhere, and that being respectful of those spaces matters.



Explore

I explored the garden space by paying close attention to the types of plants and their surroundings. I identified lavender growing near a water feature and notice how it attracted bees and other pollinators. I also observed the rich orange flowers which brought colour and life to the area. I recorded what I saw using photos. I learnt how important different plant species are for supporting insects and local ecosystems. This activity helped me connect more deeply with the plants I usually take for granted.



Exploring the cherry tree, raspberry plants, and grapevine helped me observe how different fruits grow and develop over time. I had notice changes in the size, colour and texture of the fruits. This process made me more aware of seasonal growth patterns and deepened my understanding of how plants respond to care and the environment.



Exploring the pear and plum trees as well as the tomato plants, gave me the chance to observe how fruit develops at different stages. I notice how shape, colour, and size changed gradually. This helped me better understand plant growth and the importance of consistency in care, sunlight and the environment.



Exploring the woodland area (Tyseley, Birmingham) gave me a different perspective from the garden. In the past I have never really paid attention to this area, however, for this project I decided to stop and absorb my surroundings. The flowering rhododendrons added colour and contrast to the trees around them. Being in this environment helped me notice how wild spaces support a variety of plants and made me reflect on the value of natural, unmanaged areas in local ecosystems.



While walking past this open field in Tyseley Birmingham, I took a moment to really look at it, I'd seen it before, but this time I notice how the wild plants, trees and hedge rows had grown naturally without much interference. It made me think about how nature exists alongside everyday spaces, even near buildings and homes. Exploring areas like this helped me appreciate how unmanaged land still supports seasonal growth and a wild mix of plant life.



Conserve

To help care for this space, the plants are watered regularly using collected rainwater and old containers have been used for replanting. The use of chemical fertilisers has been avoided, and instead simple eco-friendly methods have been chosen. Solar lights have been added to cut down on the electricity use. This patch of the garden has been kept tidy and has been made insect friendly. Looking after the environment at home can still make a meaningful difference.



One key conservation effort involved maintaining the garden border through regular weeding, watering and supporting the hanging baskets. Black pots were reused, and the soil was improved using compost made from kitchen scraps. More native plants were added to encourage biodiversity and attract helpful insects. Keeping the space clean and healthy showed that conservation can come from small, consistent actions. Overtime, these efforts will make the garden look noticeably more vibrant and alive.

This part of the garden reflects an effort to make space both attractive and environmentally friendly. Plastic bottles were reused to create DIY planters and water feeders, giving waste materials a new purpose. A trellis was added to support climbing plants and make better use of vertical space.



These photos show some of the small steps taken to support local wildlife. By regularly filling the bird feeders and water bath, the space became more welcoming for birds, especially during the warmer days. It was a simple way to stay connected and care for nature day by day.



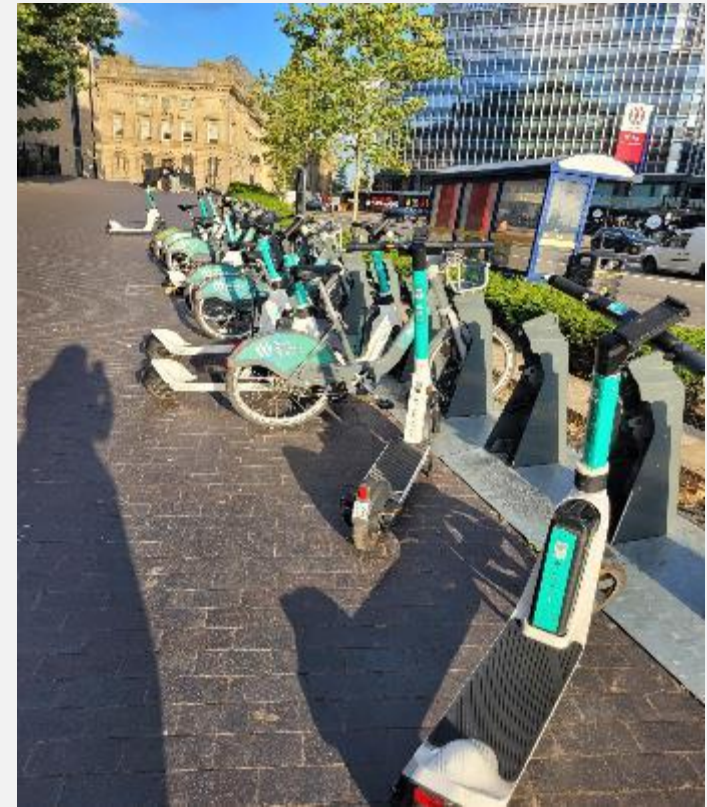
These actions were part of ongoing efforts to care for the garden and support local wildlife. The bug hotel and flowering plants help pollinators, while the bird feeders and bird bath provide food and water for birds. Collected rainwater in the green barrel reduced the need for tap water and supported sustainable gardening.



These photos show how solar-powered lights were used to brighten the garden at night without needing electricity. It was a simple way to conserve energy and make the space feel welcoming, while still being mindful of the environment.



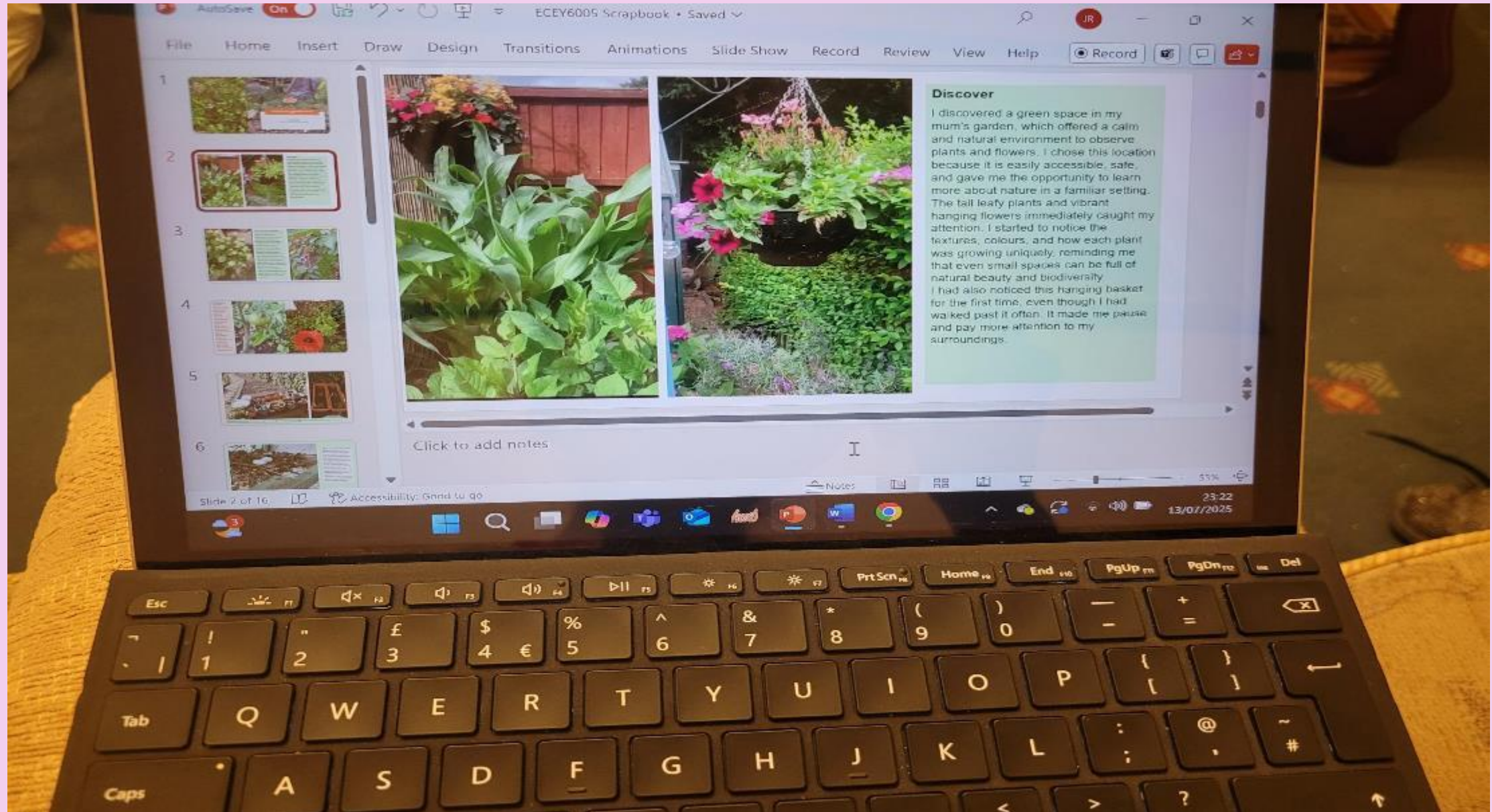
Photos taken in Birmingham city centre



These photos show how sustainability is part of everyday life around us. From solar panels generating clean energy, to bike and scooter schemes that offer greener ways to explore the city, each example highlights simple ways we can reduce harm to the environment. Even small details like cycle lanes and public bins play a role, helping people travel more responsibly and keep outdoor spaces clean. Together, they reflect how conserving, exploring, and sustaining our surroundings can become part of normal daily routines.

Share

I shared my scrapbook with my children, they really enjoyed looking at it.



John Muir



John Muir cared passionately about wild places. He explored them, wrote about their value, and worked to protect them, not just for people, but for nature itself.

He was born in Dunbar, near Edinburgh, where he developed a love for the outdoors from a young age. At the age of 11, he moved to the United States, where his interest in nature only grew. He believed everything in the natural world was connected, from small insects to huge mountains. His writing helped others appreciate nature and played a big part in creating the first national parks.

John Muir was one of the first people to say that wild places are valuable in their own right, not just something for humans to use. He proposed that humanity is part of the natural world, rather than holding power over it.