

ECEY6005

Sustainability in the Early Years: John Muir Award

Part 1:
Our Garden

Student Number:
2006067

DISCOVER

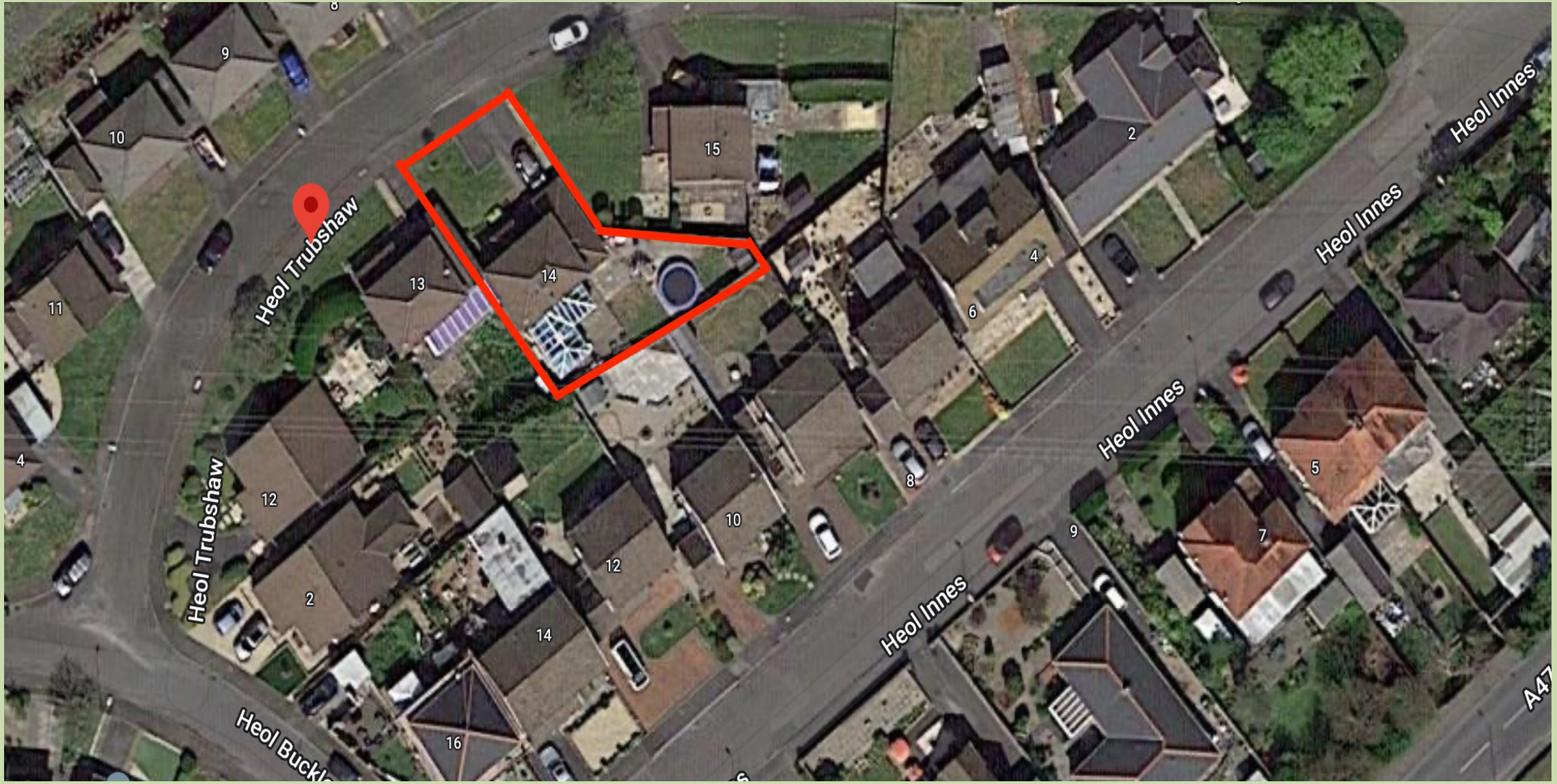
I have chosen to incorporate my garden in my award activity. I chose this area as it is a special place to me. It is where I feel safe, spend time with my family and watch my children play. I am an early riser and now that the mornings are lighter, I enjoy sitting in silence in my garden with a cup of coffee before my household awakes and my day begins. My life is generally a busy one, between work and family commitments, and general everyday responsibilities. I sit in my garden and listen to the birdsong and take in the bright sunshine and warm air. The quietness allows me to take time out from my loud and busy life and have some time to myself, before the busy day unfolds.







On the map...


Heol Trubshaw
Heol Trubshaw
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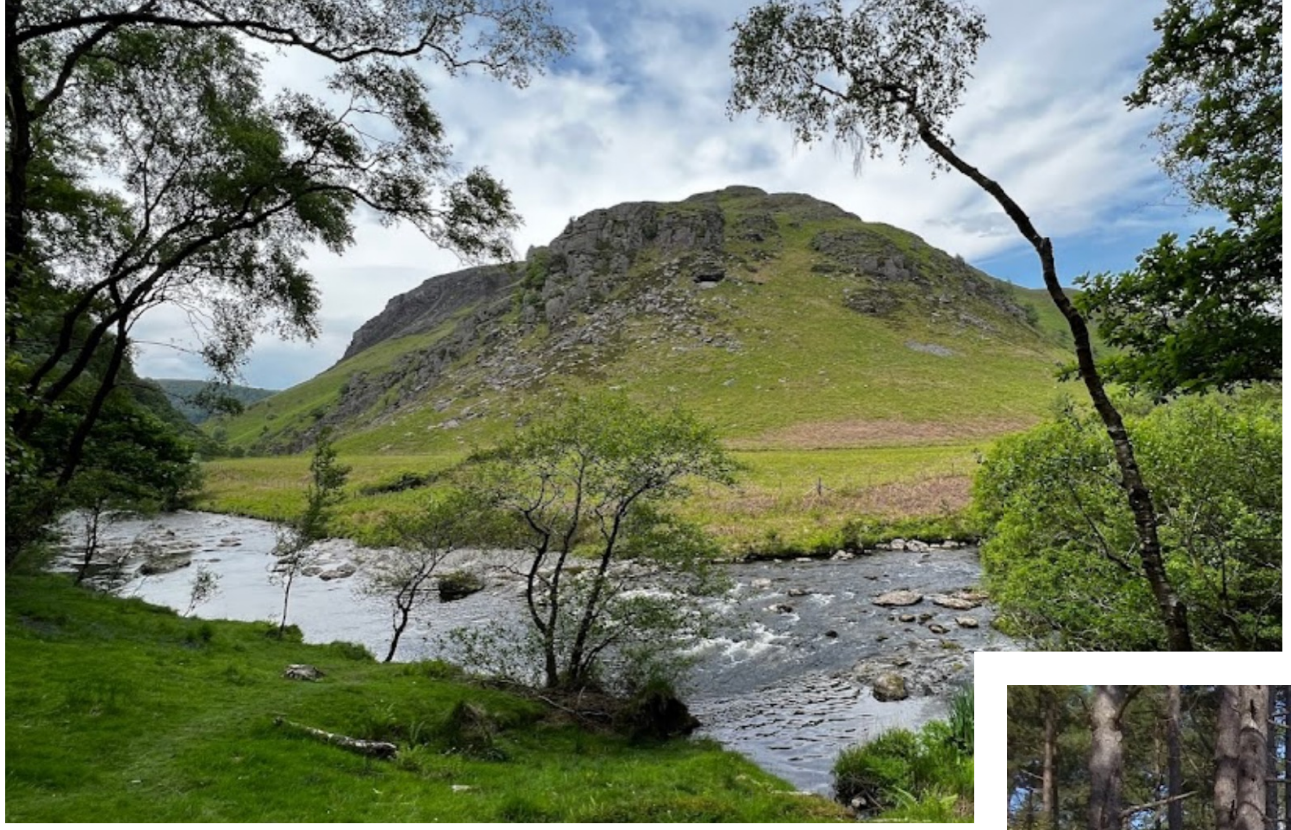




National Botanic Garden of Wales

DISCOVERING THE AREA

In Carmarthenshire we are fortunate to be surrounded by special places with attractive displays of nature and wildlife. Here are some places within Carmarthenshire that are bursting with flower-rich meadows, woodlands and waterfalls.





Aberglasney Gardens,
RSPB Gwenffrwd-dinas
and Pembrey Country
Park.



EXPLORE

A short time before this module began, this area of my garden was an unused area of lawn. We decided to plant some wildflower seeds and let the area grow wild. Research identifies that wild flowers are pollinator plants which attract bees and other pollinators by supplying them with food from leaves, pollen, nectar and a place of shelter for living and breeding. Pollinators provide an eco-friendly environment, attracting birds, butterflies, bees, and other pollinators and insects.





FORGET ME NOT

In a quiet area of our garden we have a 'Forget Me Not' plant. It was planted in memory of our late baby boy, Evan. Over the past few years it has also become representative of our loved ones who have passed. I often take a quiet moment and sit in this spot and reflect. I feel connected to my son here and to the loved ones we have lost.







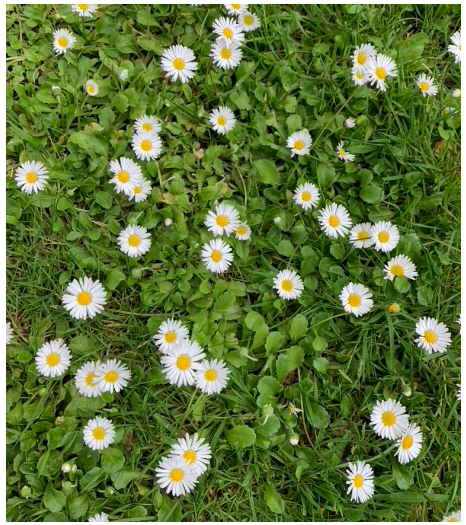


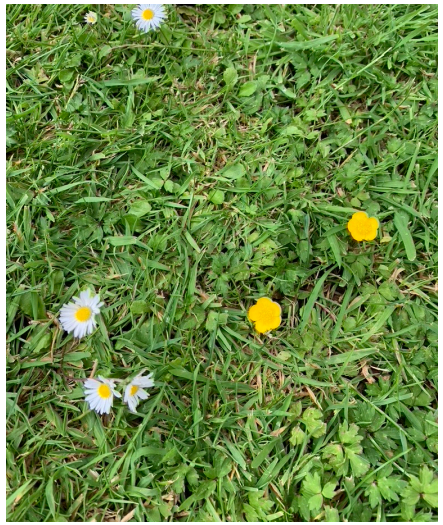
























SIGNS OF LIVING THINGS...

On close examination, I found many cob webs in my garden. The cobwebs are quite dusty, implying that they are old, abandoned webs which are no longer used for spiders to catch food. I also found a snail on the wall. Snails like moisture and thrive in gardens with green plants as they provide them with an easy source of food.



Beneath some stones I found a family of woodlice. It is common for woodlice to be found under stones, as they like damp, dark places.

Our Garden

We have a lovely garden,
One of our very own,
And everyday we give water,
To the plants that we have grown.

The plants which were once saplings,
Stand tall and reach the sky,
And are now home to hatchings,
Who one day will be ready to fly.

Outdoors is a wonderful place,
To get in touch with nature,
A source of delight through life,
As it fills your heart pleasure.



CONSERVE

Together, my family and I decided to make some changes in our garden to help protect the environment and wildlife. I brought home from school 2 unwanted tyres. My 5 year old daughter helped to line the tyres and fill them with peat free compost. We then scattered some wildflowers seeds.

















Although I have flowers in my front garden, my daughters and I also planted some Sunflowers and Buzzy Lizzies to brighten up the back garden to attract bees and butterflies. They helped make bird feeders to attract wild life and hung them around our garden.



Peat Free Compost

Through research I learnt that peatlands trap huge amounts of carbon, helping to cool the climate globally. This may not be the case in the future as warming temperatures and human actions, for example the extraction of peat from peatlands plays an essential role against the causes and effects of climate change, as the carbon that is stored in peatlands is released into the atmosphere. Protecting peatlands is crucial to the future existence of our planet. and is a habitat to wildlife.









Growing Plants

Watering my plants regularly has resulted in the plants flowering. Water is essential for the germination of seeds. Once a seed starts to grow, water acts as a carrier for the distribution of nutrients from the soil to the plant cells. This means that plants are kept at a suitable hydration level to help the plants grow and to stay upright.

What I have seen after conserving...



Planting the flowers in the back garden has attracted many bees.



The improvements I have made in my garden has attracted wildlife. My daughters and I often see birds entering our garden for some food from the bird feeders we made. We enjoy looking out for these wonderful visitors in our garden and sit together to listen to the birdsong. The enjoyable and calm sound of birdsong during the morning and evening is beneficial to reducing mental fatigue and stress. I find it relaxing to sit in my garden and listen to birdsong. The sound of birdsong in the early morning helps me to focus on my daily tasks and in the evening, encourages me to reflect on my day.

REFLECTION

The opportunity to take part in the John Muir award has made me realise that I was always too busy to spend time in the outdoors. It has encouraged me to spend more of my time to connect with the natural environment with my family in the outdoors. The benefits this has on my own well-being and mental health has become apparent, with the outdoors making me feel more relaxed, improving my mood and allowing me to appreciate the wonderful place where we live. My daughter has enjoyed being part of my award and has benefited from being in the outdoors and learning about nature and the environment in which she lives. The hands-on learning has developed her interest in gardening, through caring for her natural environment.