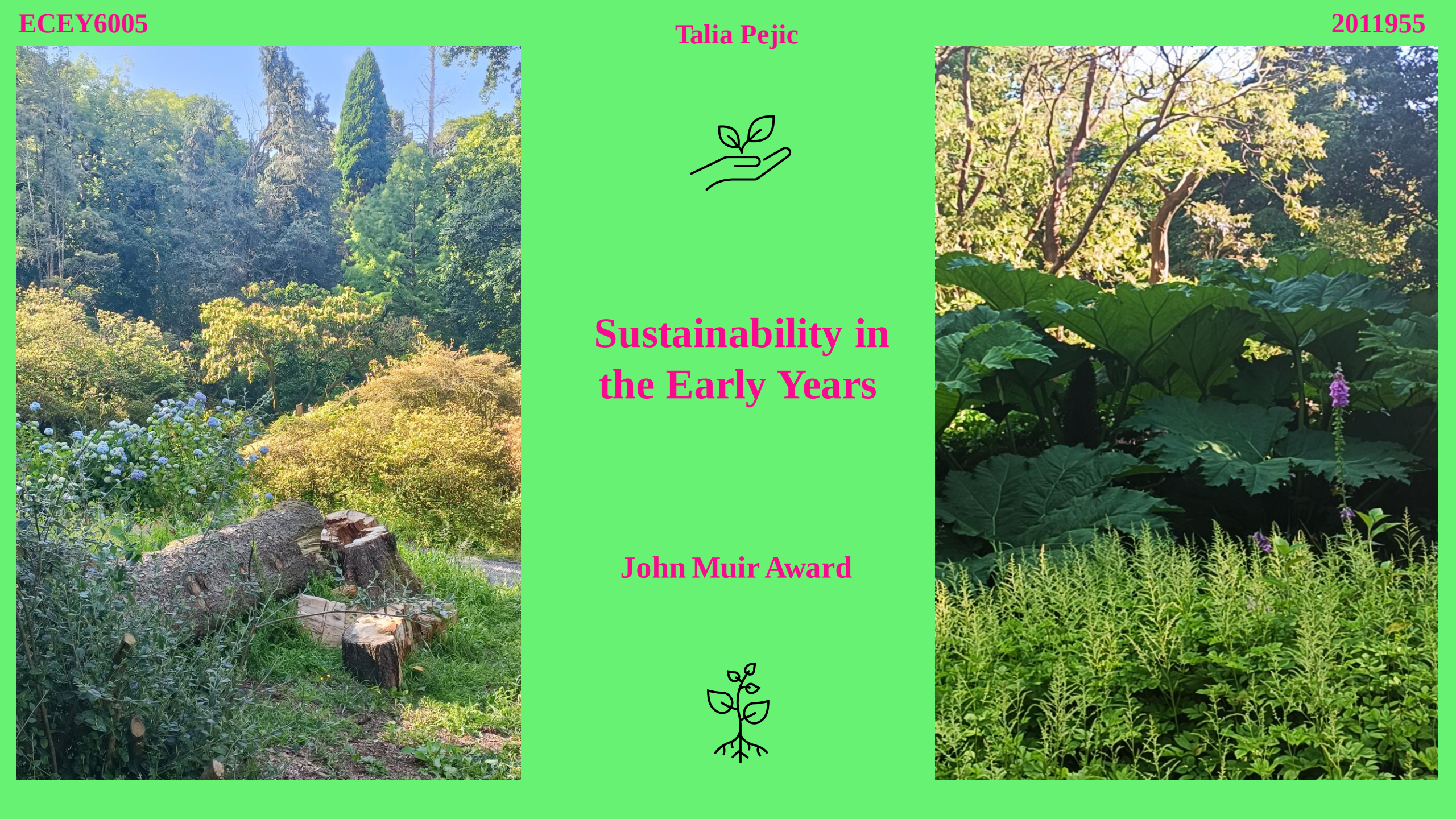
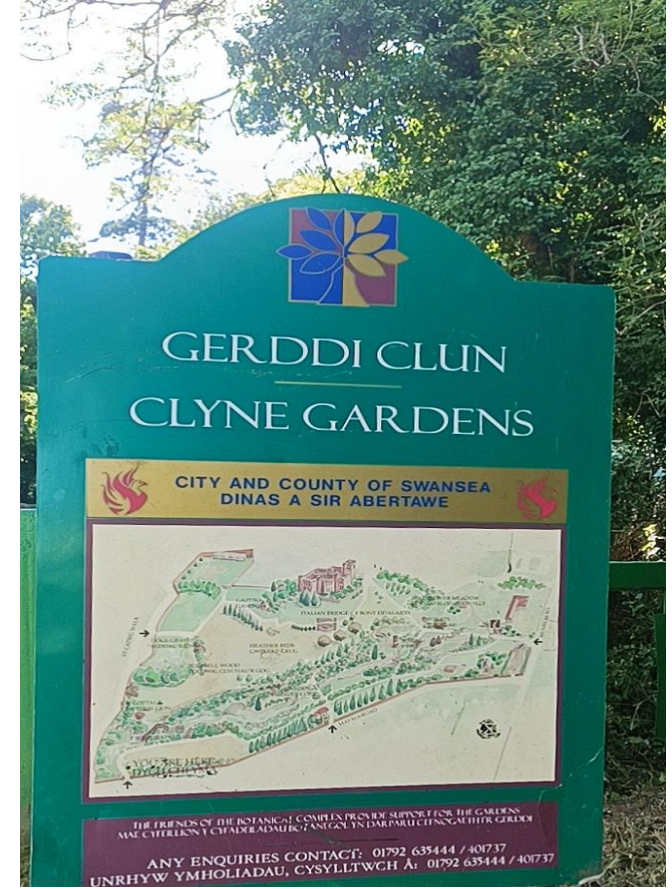




Sustainability in
the Early Years

John Muir Award





Discover

The natural area which I have chosen is Clyne Gardens. This area is one of my favourite places to explore and get lost in the beauty of its wilderness. The walk through these gardens makes me feel as if I have escaped reality and stepped into a magical fairytale land, as it is quite extraordinary how nature can be so naturally picturesque. Whenever I visit, I feel spiritually recharged and creatively inspired. Although it is important to switch off from the digital world, I love photographing and reflecting on nature's beauty. In this scrapbook you will find my photography taken at the gardens, the surrounding area and also my own garden.

The Area

Located in Mayals, Swansea, Surrounding areas of Clyne Gardens includes The Mumbles which also has many natural scenic views, sights, sounds and textures to explore, such as sand, sea, shells, rocks as well as greenery. A walk along the seafront in the fresh air, can instantly create serotonin.





Explore...

*"And into the forest I go,
to lose my mind and find
my soul"*

- John Muir

The importance of Trees

- Trees are vital for human existence as they provide the most important element of life: oxygen. The process of photosynthesis allows trees to convert carbon dioxide into oxygen.
- Trees house over 80% of the world's flora and fauna, making them the most biodiverse ecosystem known.
- Almost 20% of the world's population benefits from the livelihood opportunities that trees provide for 1.7 billion people.
- Trees also provide shade on warm sunny days and draws in wildlife to different areas.



Being surrounded by trees in the gardens and everywhere on daily walks, inspired me to look at the different types of bark and how we need trees to survive and breathe.



bark004-color.jpg



bark005-color.jpg



bark006-color.jpg



bark007-color.jpg



bark008-color.jpg



bark010-color.jpg



bark011-color.jpg



The function of bark is to provide protection to the tree from the outside world. It is continually renewed from within and helps to keep moisture out when it rains; preventing the tree from losing moisture in dry air.

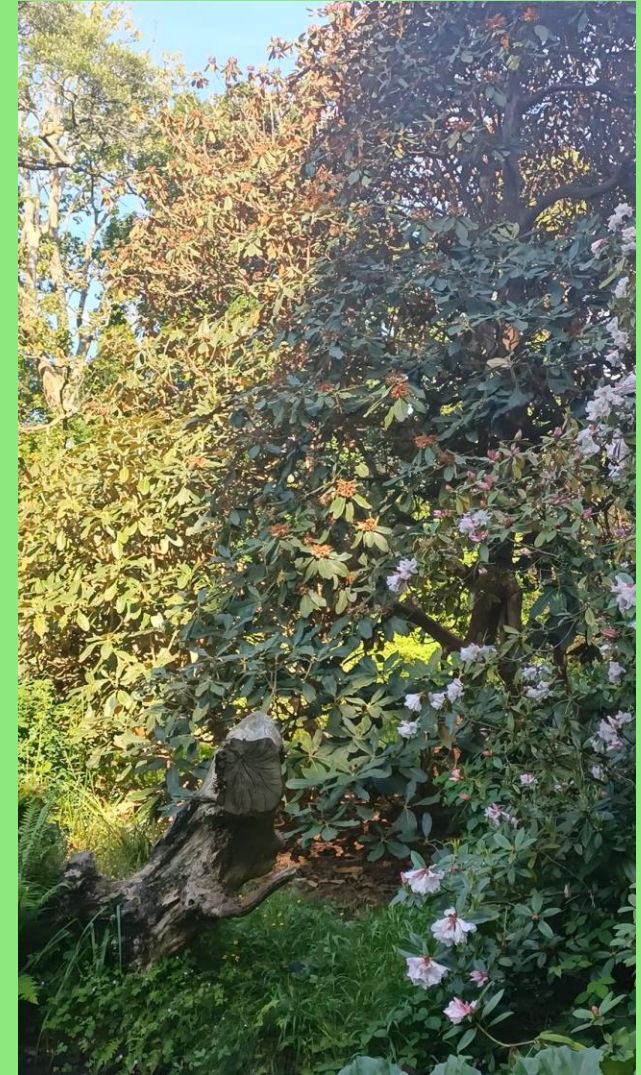


Video links

<https://youtube.com/shorts/ufzzlHpfZVg>

<https://youtube.com/shorts/rLtx4lkdr-Y>

**Here are two links to videos
I captured at the gardens. I
love the sights and sounds of
the natural environment.**

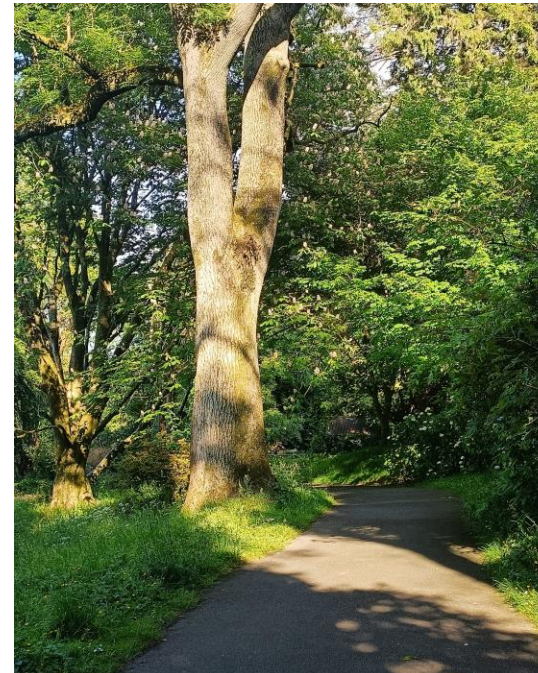
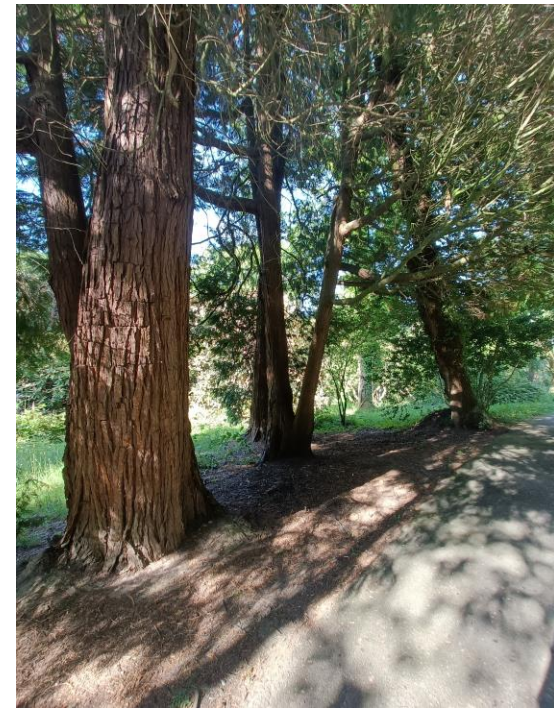


*As I amble through the trees
gazing at the beauty I see
Appreciated by my senses
The sights and sounds that nature dispenses*

*A tranquil feeling
A sense of healing
Drinking in its colours
Mother nature's work of art
Flourishing sights
That capture my heart*

*Shadows of the trees
That fall beneath me
Reflecting on the ground
The trickling river
Lost in awe
In nature I am found.*

- Talia Pejic





Explore...

Exploring the different plants and flowers at Clyne Gardens, inspired me to research lifecycles of the insects such as bees and how flowers play an important role. Bees like flowers because they feed on their nectar and pollen.

The bee uses nectar as food and energy to travel to and from their home. Without bees, flowers wouldn't be able to reproduce as bees carry the pollen from flower to flower, in search for food. Therefore, bees need flowers and equally, flowers need bees.





I came across many butterflies and caterpillars on my walk. The life cycle of a butterfly has always fascinated me since my childhood.

The metamorphosis of a caterpillar changing into a butterfly is truly incredible.

Children will experience many transitions throughout their lives. Just like a caterpillar, with the right amount of nurture, they will one day find their wings and flourish.

My Garden

Visiting the gardens and researching bees and lifecycles of plants and other insects, has inspired me to plant more flowers in my own. When I look out into my garden and see a splash of colour it makes me feel happy and tranquil.



These are some of the flowers which I have planted, to ensure that insects such as bees and butterflies have energy sources. Flowers are believed to represent spiritual meanings.

Pink flowers represent grace, gentility, and happiness. Regardless of the shape of the flower – from the tight, small buds of a pink garden rose to the delicate, open petals of a pink peony in full bloom – pink blossoms convey youth, innocence, and joy.

There's an indisputable energy to the colour red – an energy that has the power to transform an otherwise unassuming flower. Red flowers represent desire, strength, and passionate love.





*"Every flower is a
soul blossoming in
nature"*

- John Muir



Conserve...



To conserve the natural world, we must ensure that more awareness is raised on the harmful effects that litter can cause. In school, we encourage the children to reduce, reuse and recycle, as well as picking up litter to show respect for the world around us.

Whilst on my walk, I came across some litter. It was disheartening to see as the natural environment is so peaceful and picturesque, it does not deserve to be cluttered with litter that will cause harmful effects to the environment and wildlife that live there.





Walking through Clyne Gardens late one evening, I saw many nocturnal creatures such as foxes hedgehogs and owls. Considering the wildlife at the gardens made me think about taking more care with my own garden as it is also a natural habitat for creatures.

My niece and nephew enjoyed helping to make hedgehog homes, bug hotels and bird feeders to look after and appreciate other living things, using loose parts and recycled materials.



Although we may not always see nocturnal animals, we need to ensure that we provide care for them in our absence.





I saw many birds on my visits to Clyne Gardens as well as in my own, but there is something special about seeing a robin as it makes me feel as if loved ones who have passed, are allowing me to feel comforted through connecting with nature.

It is believed that robins appear when our loved ones are nearby.

*Sometimes in life
we can feel overwhelmed with fear,
And when I see
a robin, I feel
that you are near*

*A scenic stroll
Like days of old
I'm listening to the sounds
I feel a presence around me as I walk across
the ground*

*Being lost in nature and the comfort that it
brings, fills my soul with joy when I hear
a robin sing.*

- Talia Pejic



Share...

My late Grandfather and I spent many a Sunday exploring natural environments. Completing this award has made me feel very emotional and connected to his love for scrapbooking and teaching me about the real world.



We would explore forests, butterfly zoo's, waterfalls, beaches and many scenic places in Wales, where he would turn loose parts into works of art. He taught me to be respectful of the world and people around me, which is something I feel should always be encouraged and passed on to future generations.

I prominently remember a house he constructed on the sand using rocks, seaweed, shells and sticks. Being ten years old in the early 2000s meant that technology wasn't as advanced as it is nowadays, but we truly lived in the moment. Although a camera wasn't present, the photographic memory and his creative influence and love for nature, will stay in my heart forever.





During the completion of my John Muir Award, I have been doing more planting and gardening with the children in work, explaining the importance of looking after living things. The children have ASD and love sensory activities. They enjoy watering the plants when it's not raining and enjoy learning about the science of nature.

It is so endearing how nature has no discrimination and can be shared and appreciated by all walks of life and abilities. The calming affect that nature has on them is priceless.

A photograph of a narrow dirt path winding through a dense forest. The path is flanked by large, dark rocks covered in vibrant green moss. Sunlight filters through the tall, thin trees, creating a dappled light effect on the path and the surrounding foliage. The overall atmosphere is serene and natural.

"In every walk with nature one
receives far more than he
seeks."

John Muir