



Image: LionHouse, (no date).

Image: LakeLandArt, (2012).



EAEE6005 Sustainability in the Early Years

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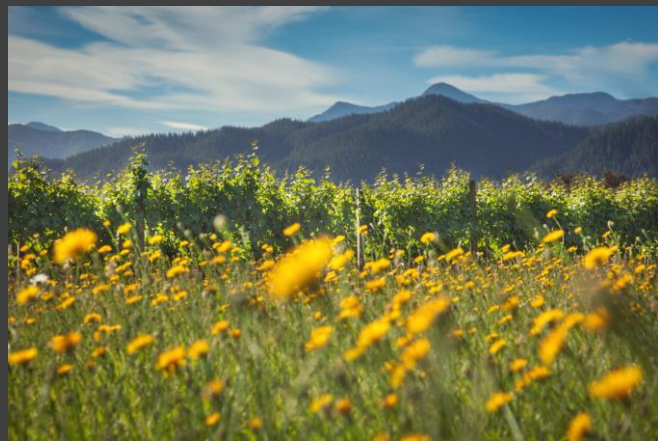


Image: BragatoResearchInstitute, (2022).

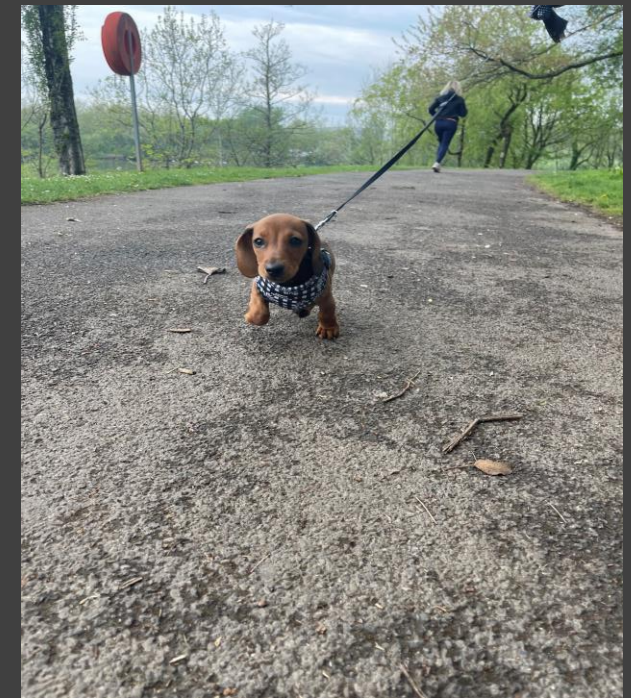


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Image: WorldWanderingKiwi, 2016)

DISCOVER....

During my childhood, I rarely got to experience going out on walks to my local areas and having the pleasure to explore the wildlife that was out there. Since moving to university, it has allowed me to be independent and explore the world a bit further and realising the importance of nature and what it has to offer. Becoming more independent with my own life choices was made even better when I bought my own dog and was able to discover more local parks and trails that I was able to walk my dog and explore. When walking the dog, I would notice the different shades of green and different types of flowers but not really taking the time to look and rushing off. By taking part in the John Muir Award as part of my assignment, I was able to take my time to capture the different types of flowers and why they are there, begin to understand what other people were doing on the trail and to take my time to appreciate the environment and what was around me.



Discovering the area....

In the area that I regularly walk my dog, it is an area that is surrounded by lots of nature and wildlife. During spring, I discovered that there was a lot of bluebells growing and brought a lot of colour and vibrancy to the area, something that I had not noticed before taking on this assignment. According to, Countrysideinfo (no date), bluebells complete their life cycle while light levels are at the highest. They are able to grow quickly in the spring because they receive an energy store in the form of a bulb. The different shades of green really grabbed my attention and made me realise how important every shade is and has a different purpose to the outdoor environment.



The different types of flowers I discovered during my walks....

As discovered before, there were a lot of bluebells around the area which mainly were in larger groups than little ones on their own.



I also discovered another flower that I was unaware of and after capturing many pictures of it, I was able to research and discover many facts about it. The flower below is a type of orchid and is called Dendrobium Orchid. These type of flowers have a shallow root system and grows well in the sun but not direct as stated by Flowerglossary, (2022).



I also saw some daisies, dandelions and dandelion seeds. All these types of flowers are popular in spring time bring a real sense of colour and brightness to the outdoor world.

Explore....

Whist walking around with my dog and exploring the area, I realised how safe it was for other dog walkers like myself and I saw a lot of children with their families and runners who were enjoying the environment around them. There was minimal options for the wildlife at the lake and I began to think how I could improve where they live and how it could benefit them. I was unable to see any bugs but was able to see geese and frog spawn and also people fishing.



How long till it's gone

How long till it's gone
the beauty that we see
Everything that was made
wasn't made for you and me.

Each creature holds its beauty
each life source holds a key
Everyone has a role in life
so we can all live free.

Power and greed took over
who's got the most or best
We didn't spare a thought
to each animal in their nest.

The damage isn't reversible
but here's what we can do
To live from now sustainably
a time for worldwide breakthrough.

For eyes to be opened
and for hearts to feel
Enough is enough
the destruction is real.

(Maxine Raggatt, no date)

The best time to plant a tree was 20 years ago.
The second best time is now.

- Chinese Proverb



Image: Pinterest, (no date).



Image: Cookist, (no date).



Image: LinkedIn, (2021).



Image: ThehansIndia, (2019).

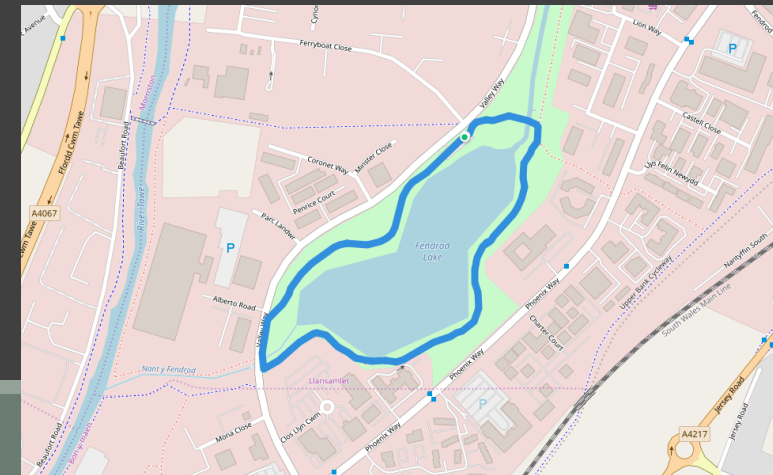
Conserve....

By taking part of the John Muir Award, it was an opportunity for myself and my dog to explore another side of Swansea and what it has to offer. It gave myself an opportunity to see the outdoors in a more positive way no matter what the weather and how this improved my mental health and encouraged my dog to become more familiar with new sounds and new people. It was important for me to recognise that I shouldn't rush a walk with my dog and take the time to let her gather her senses and allow myself time to be more outdoors and enjoy it without feeling like something like walking the dog is considered a chore.

Whilst walking, I was able to instantly notice the amount of litter that was around and very few bins that was accessible. I decided to complete a litter pick of the area to help encourage other people to keep the area clean and help to conserve nature.



An outline of 'Fendrod Lake' in Swansea. (Image: Pacer, (2020).



Litter picking and why it is important...

The idea of litter picking is not only important to keep the area clean but it is important for the animals and people that visit the area to have a clean space to walk dogs, spend time with their families and children. After completing the litter pick, I went home and sorted it all in to the correct recycling bags. The importance of sorting it out in to the correct recycling bags is that we are able to reuse and reduce the amount of plastic being used and also keeping things separate and ensuring that we know where the waste is going and is separated correctly. It was important for me to do this as I was unaware of the importance of recycling and by doing this I was able to understand more of why we recycle and knowing what materials goes where. I was even surprised that I was able to recycle the old tesco bag that I took with me to collect the litter and that it was made from 100% recycled plastic.

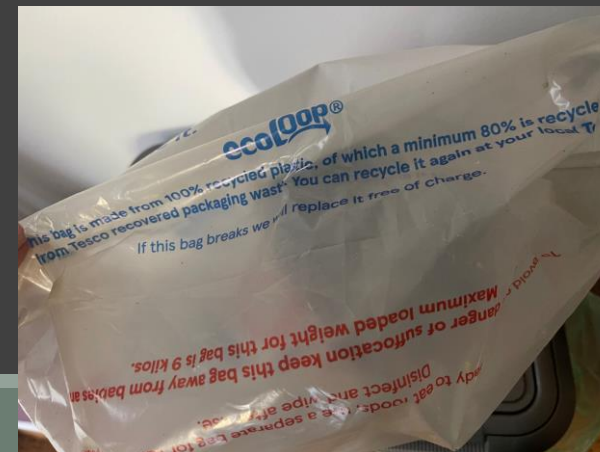
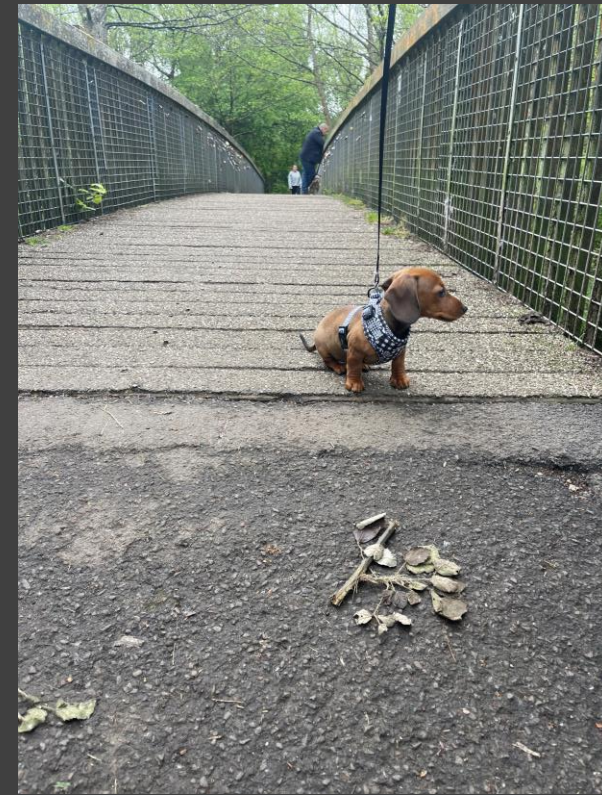


Image: Superpages, (2022).

Reflection....

On reflecting, taking part and completing the John Muir Aware has encouraged me to appreciate the natural world and what can be done to conserve to the areas that I visit regularly. I feel that I now am able to take my time when spending time with my dog on walks and begin enjoying what is around me and what we have access to.



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