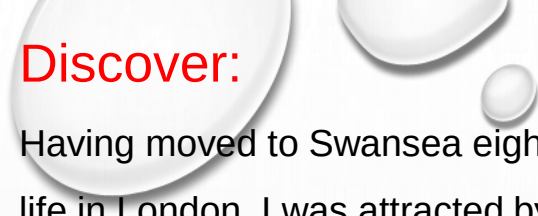


ECEY6005
SUSTAINABILITY IN THE
EARLY YEARS

Gower and Swansea
Bay Beaches





Discover:

Having moved to Swansea eight years ago from busy life in London, I was attracted by the beach scenarios here in Swansea. When I moved to Swansea, I had an eight month old baby. We lived not far from Swansea Bay beach and couple of minutes drive away from Gower beaches. We used to visit the beach most mornings and evenings for a stroll. We would spend a few hours down the beach listening to the waves and playing with sand and in the water. In the past, I never understood when people used to say taking a young baby to the beach is recommendable and good for them until I had my own baby and experienced, this is because when children are playing down the beach and exploring the beach, they develop in different areas. Children seen happily playing in the sand, they are learning new skills and building on areas of their development. Playing with sand, children are able to strengthen their large muscles as they tend to use these muscles when they grow a bit older to dig, pour, scoop and shovel sand.



Kids making sand castles on the beach



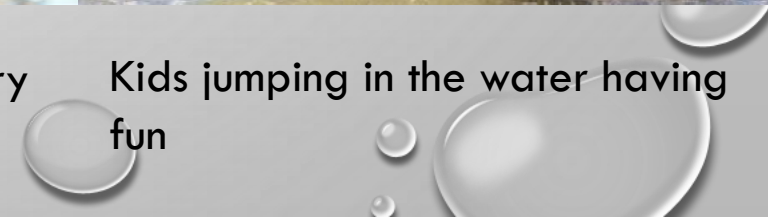
Kids playing with sand on the beach



Kids finding shells and use them as sensory play



Kids jumping in the water having fun



Discovering the area:

In Swansea and the nearby surrounding areas are lucky to be surrounded by the beaches and nature. In summer, most beaches are always packed with families even during spring and winter seasons people who enjoy going to the beach for a dive they are privileged to do so as the beaches are just nearby. By listening, exploring and looking has encouraged me to get outdoors more with my children to enjoy the nature has to offer us.



Playground for kids to play near the beach



Exploring caves in the beach



Sheep grazing down the beach



Gower beach



Colourful shells for children to explore



Camping down the beach

Exploring the area

Whilst exploring the beach and its nature, I realised how safe it is for the children to explore and learn what beaches have got to offer. Children are able to get ideas to support their craft activities like making jellyfish using paper plates and threads, a good way for children to practice their writing by using their fingers and sticks. Children making salt dough in different shapes like starfish and decorating them using tiny shells. By using some of the ocean's findings for sensory play for children especially autistic children who enjoy sensory activities. The beach gives opportunity for children and adults to carry out different sports like playing football, netball, building sand castles, burying each other in the sand, by doing this helps and support children and young adults to create and promote social development.



Jellyfish craft made by children



Using fingers and sticks to practice writing



Ocean adventure kids exploring sea sensory play



Children made salt dough starfish

Conserve

By taking part in the John Muir Award, I have come to understand that young people need to take positive actions for nature and its environment. For example, most times my children and I visit the beach, there are always litters everywhere that people have left behind. So we decided together with my children's friends to go and tidy up by picking every litter seen and putting them in their correct bags or bins. Plastics were put in their recycling pink bags, boxes, tins and general rubbish all were collected and put into their corrective recycling bins. Through the John Muir Award, children have learned how to get a sense of responsibility.

