



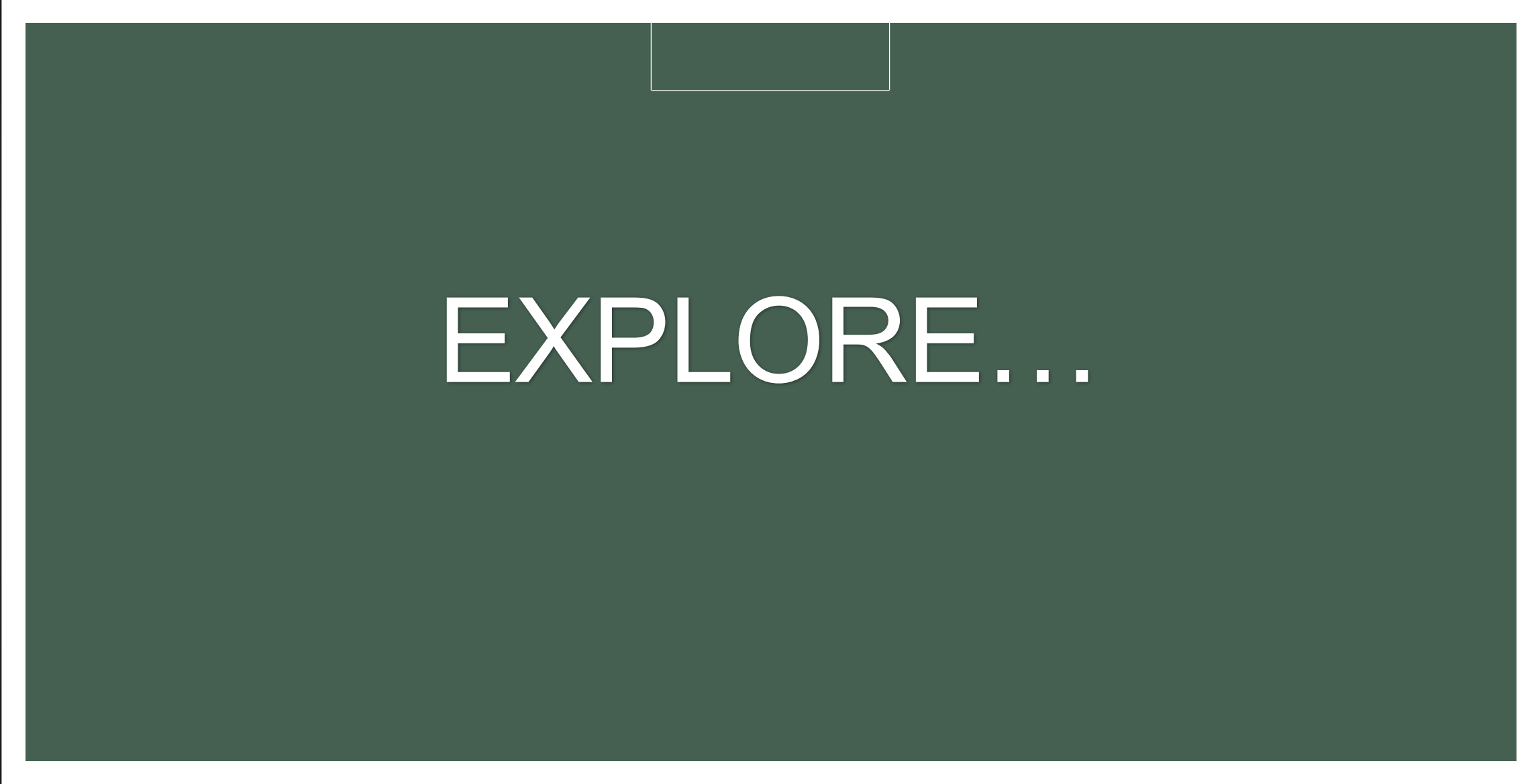
THE GARDEN

John Muir Experience
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Discover

One of our favourite things to do for both me and my son is to visit my nan. Unfortunately I do not have much of an outdoor garden space at home. However, I am lucky to be able to enjoy my nana's back garden. The garden is a beautiful haven of green grass and flowers the wildlife adore. There are also lots of freshly grown fruit and vegetables to enjoy.





EXPLORE...

- There are lots of beautiful coloured flowers that brighten up the garden. The flowers are rich in nectar and pollen the bumble bees love.



Growing your own fresh fruit and vegetables involves hours of dedication and fun. As well as being healthier than shop bought, they are free from any chemicals and rich in vitamins.

Plus growing your own fruit and vegetables is much cheaper than shop bought!

Fresh Fruit

- Juicy fresh strawberries, raspberries, pears and tomatoes. My son loves picking and eating them fresh off the branch.



Fresh Vegetables



- The garden has freshly Grown delicious runner beans.



Conserve

- While exploring the garden I noticed there were lots of different birds that came to visit. They would also come and nibble on the fresh fruit and vegetables. I decided it would be a good idea to make a bird feeder for them and fill with seeds for them to enjoy.



Before making the bird feeder I carried out some research on how to make it safe while recycling materials I already had at home.

I carried out some research from the National Trust website to find out how to make the bird feeder safe and suitable for birds.

According to the National Trust (No Date) a third of plastic that is found in the sea is made up of plastic bottles.

I had an empty plastic milk bottle at home which I thought would make a great bird feeder.



- I really enjoyed making the bird feeder along with my son. Whilst making it a fun activity for him he also learnt what birds eat and what they can eat from. He then had lots of fun decorating it.



We hung the bird feeder in the centre of the garden with easy access for the birds. We added a branch either side to allow them to sit on whilst they eat.



There are a few different breeds of birds that can be spotted in the garden, these include:



Starling



Blackbird



House Sparrow

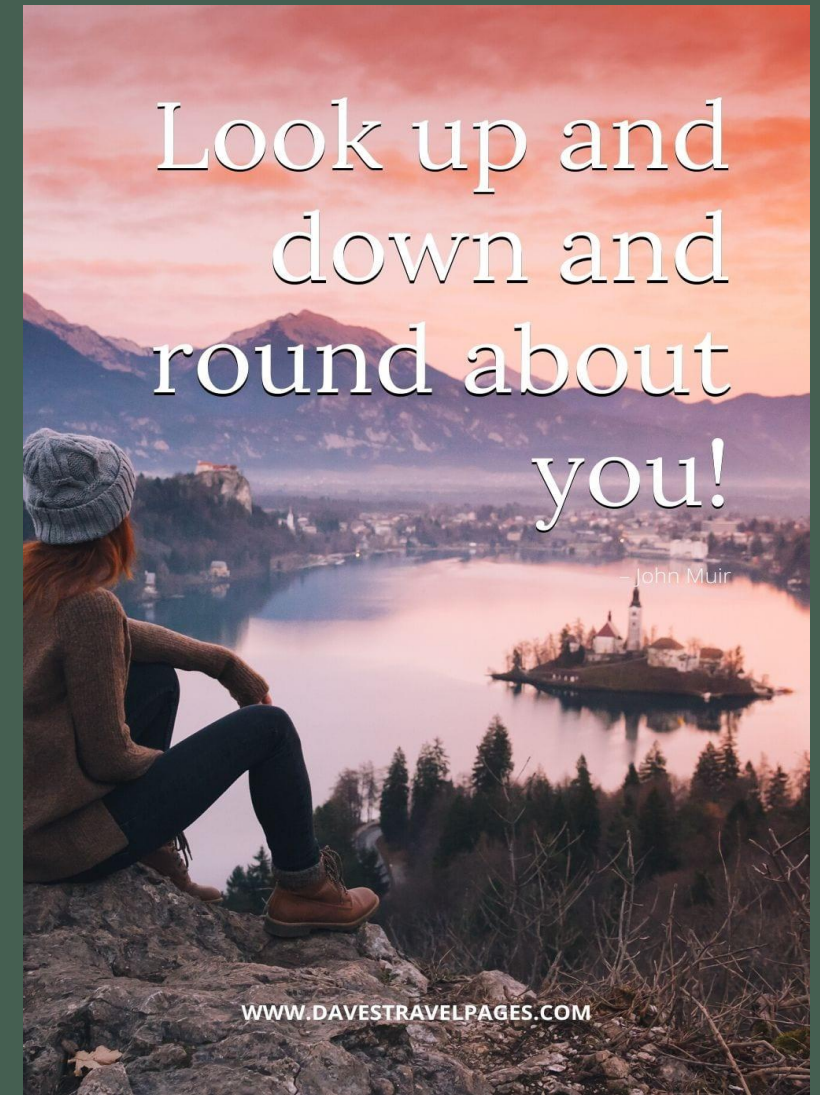


Robin

(The Wildlife Trusts, No Date).

Reflection

Reflecting on my experience from the John Muir Award, I really enjoyed exploring the environment. I had not heard of the John Muir award previously so it was new to me. As much as I love my nan's garden and spending time there, carrying out the award allowed me to really explore the garden, the beautiful environment as well as appreciate the wildlife outdoors. It has also taught me of the importance on having natural flowers and grass out in the garden for the wildlife to inhabit. Over the past year and the circumstances of Covid and lockdowns my nan was mine and my sons support bubble, we were so thankful for her and her garden to enjoy and have lots of fun outdoors while making memories. However, by carrying out the John Muir award it has made me see the outdoors in a whole new way, as well as teaching me the importance of looking after the environment.



(Daves Travel Pages, No Date).

References

- Dave's Travel Pages (No Date) *John Muir Quotes – 50 Inspiring sayings and Quotes by John Muir*. Available at: [John Muir Quotes - 50 Inspiring Sayings and Quotes by John Muir \(davestravelpages.com\)](https://davestravelpages.com/john-muir-quotes-50-inspiring-sayings-and-quotes-by-john-muir/) (Accessed 08th July 2021).
- National Trust (No Date) *Make a bird feeder from recycled materials*. Available at: [How to make a recycled bird feeder | National Trust](https://www.nationaltrust.org.uk/how-to-make-a-recycled-bird-feeder) (Accessed 29th June 2021).
- The Wildlife Trusts (No Date) *How to identify common garden birds*. Available at: [Identify garden birds | The Wildlife Trusts](https://www.wildlifetrusts.org/identify-garden-birds) (Accessed 09th July 2021).