



EATE6005
Sustainability in
the Early Years

Section A

0801566



Discover...

Growing up as a child I never had the pleasure of a garden and the wildlife that came with it.

I grew up in Saundersfoot with the beach as my back garden, I would spend hours listening to the waves and searching in the rockpools for any sea life I could find.

So when I moved in to my own house with my family my priority was to make it safe and secure. However, I struggled to understand the different type of nature I was now surrounded by.

My life is always hectic, between work, family and general everyday obligations I have had little time to actually spend in my garden.

Taking on the John Muir award as part of my assignment has given me the incentive to explore and find out what is actually out there.



Discover the area.

In Pembrokeshire we are lucky to be surrounded by nature and wildlife. After the deep sleep of winter, Pembrokeshire bursts into life.

In spring, the hedgerows and woodland floors are carpeted with springs flowers which bombard our senses with colour and perfume.

By looking, listening and exploring has encouraged me to get outdoors with my family and really look at what plants and wildlife live in our garden.



Explore...

Whilst exploring my garden I realised how safe and tidy it was for my children and family dogs, but it had limited options for the wildlife and plants.

There are limited plants to support the bees but I always provide food for the birds.

On the other side of my fence is an untouched area perfect for wildlife to explore and live but it needs some help to be even better.

What did I find living and growing in my garden?



The amazing wildlife I spotted in my garden.



An amazing Early Bees nest in my grass cuttings.

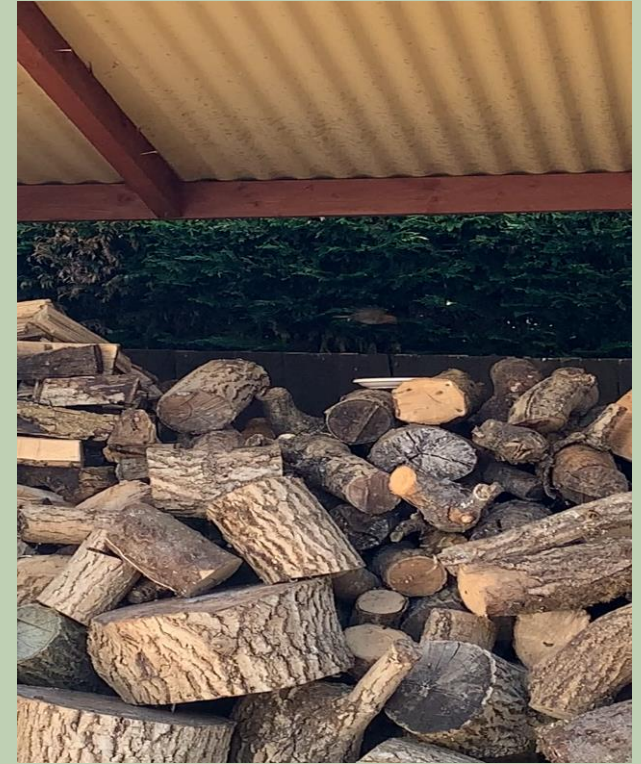




My family of robins.

I feel a special infinity with robins, for years my nan always told me that robins were deceased family members coming back to say hello and check how you are. So, ever since I lost my nan I feel it is her coming to see me and checking how my family are. Having a nest makes it feel even more special this year too.

Video of the robin going in to my shed to feed the babies, if you listen hard you can hear them chirping for the food.



22nd May

24th May

27th May

1st June

5th June

7th June



*Tiny little
wrens nest in
my log store.*



*I have only seen the wren
once going in the nest,
they are not as social as
the robins.*

*Cheeky grey
squirrel to get
some food.*

*This cheeky squirrel reminds me
of Squirrel Nutkin and my
childhood holidays to visit
Beatrix Potters house in the Lake
District.*



My natural untouched area and hedgerow.



Now Is the Time

Now is the time to close your eyes, give your senses a luxurious feast and let your mind wander -

Floating in the warm dappled breeze like the wispy seeds of a dandelion clock, gently drifting into the future.

Now is the time to rest your eyes on a lilac flower as the bees dance and hum around each little scented gift of pollen. They caress each cup and tirelessly drone and drift, a murmuring hypnosis.

Now is the time to touch and let your fingers feel the textures - the velvet, the furred, the waxy smooth and rustic ridges. Be soothed by the soft green leaf and the yellow petal, the sturdy wood and cool grey stone.

Now is the time to listen - the music of the bird song, a sweet trill, a rhythmic whistle, a thousand feathers as light as air brushing past the leaves and the cooling breeze soothing to the skin.

Now is the time to taste the zing and tart of the fruits - the mellow aromatic herbs, earthy yet subtle, enhancing a simple dish.

Now is the time to smell - a pine cone, warmed in the sun, the delicate rose and fragrant lavender. The mown damp grass, reminding us of the promise of the summer.

Now is the time to pause and breathe, to let nature beckon and remind us we are not lost or forgotten. We rekindle our faded memories and learn to live as one with the earth once more.



Conserve...

By taking part in the John Muir award I have realised that I was blinded by the fact that I was always too busy to make time to spend in the outdoors. We shouldn't be rushing around, we should be spending time enjoying the natural environment to help our own well-being.

I decided to make a few additions to my outside area to help encourage and conserve nature. As a family we have used scraps of wood to build a bird box and a bug hotel, my family loved being part of my award and began enjoying the outdoors as much as me. My youngest daughter, helped me plant some new brightly coloured flowers to support the bees and encourage the butterflies in to the garden, we also scattered some wild flower seeds to boost the natural area ready for next year. The birds have got new feeders and my nans bird bath has been repaired so the water now stays inside.



Reflection...

On reflection, Covid 19 has been a strange and unprecedented experience but it has encouraged us as a family to go back to nature and start to begin enjoying it again.

I feel I now appreciate the smaller things and have found great satisfaction in supporting and helping conserve it.



IN EVERY WALK WITH
nature
ONE RECEIVES FAR
MORE THAN HE SEEKS.

JOHN MUIR