My Garden....



Regaining Paradise? Sustainability in the Early Years

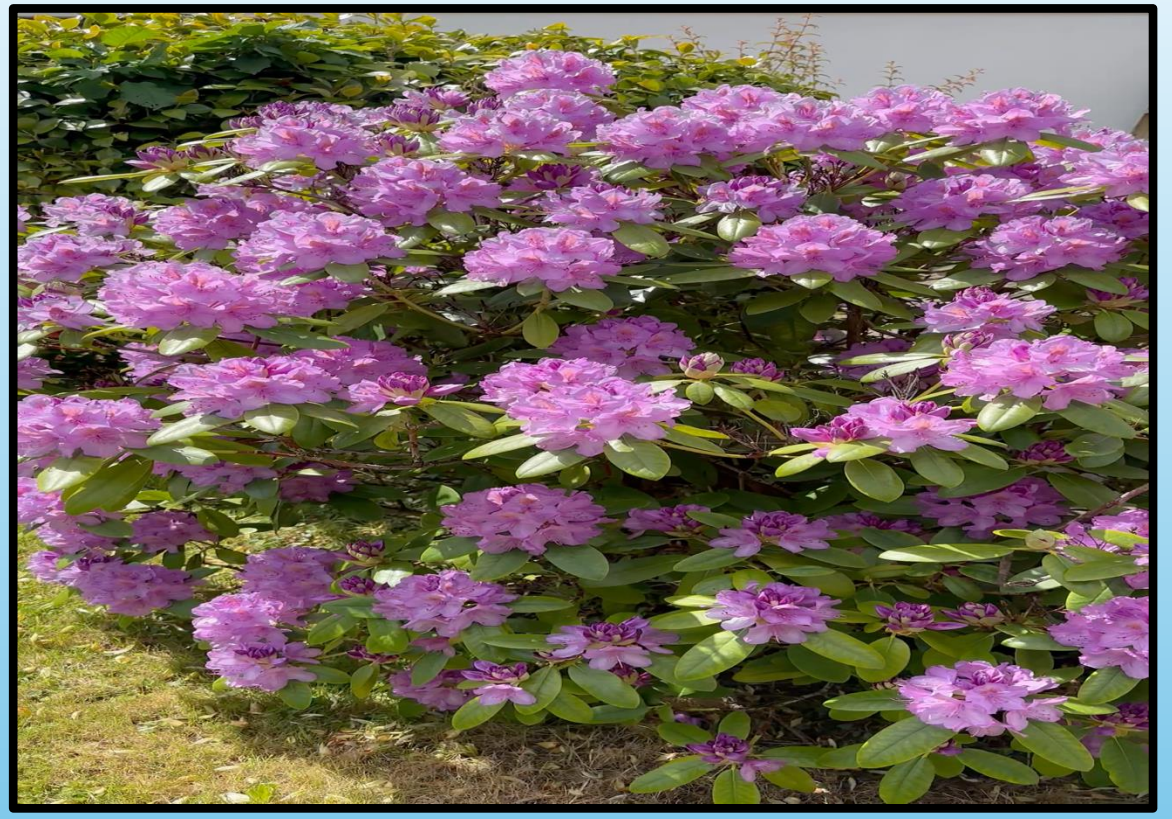
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Sehrish Mahmud Chaudhry

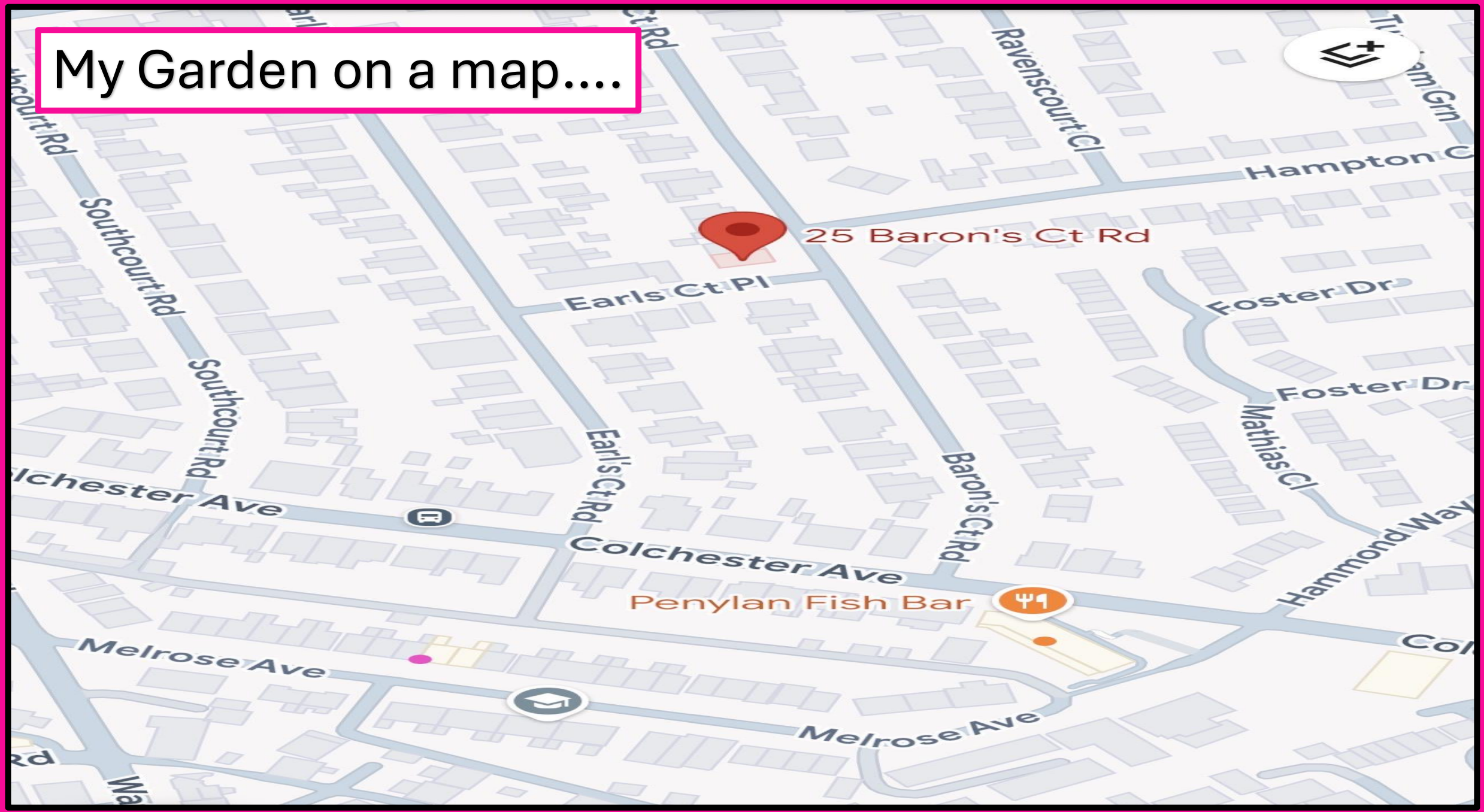
DISCOVER....





“We can enjoy a television show about insects in tropical rainforests, but we don’t appreciate the wildlife in our own backyard” (Davis, 1998:146).

My Garden on a map....



My chosen location is my back garden. I chose this place because it is meaningful to me in lots of different ways. I generally visit my garden to relax and soak in the sunshine, especially in the midst of the long Summer days! However, during COVID-19, whilst there were numerous lockdowns, it was an extremely difficult period of time for me as I suffer from Anxiety, so that worsened my condition by staying cooped up indoors. Therefore, I would use my garden as a space to get as much fresh air as I possibly could and to just rest and enjoy myself. I took advantage of the space for the purpose of my overall health and wellbeing; It is and will forever remain my safe and happy place!! I will always remember it as “My Place of Escape” during those very unprecedented times. During Covid-19, I would also engage in activities together with my family such as assembling a brand new lawn mower that we bought for my dad as he wanted to use that time to keep our lawn neat and tidy. Also, we would have family barbeques which were so memorable and fun plus the food was so tasty! I kept busy and distracted myself as much as I could in our garden; it has got a lot of potential. My garden has got a huge space for activities and just to casually absorb the sun and admire it’s greenery and natural features. My garden also has special touches such as small pebbles next to a drain. Additionally, it has different textures, flowers, colours, pleasant smells, amazing sounds of birds and so forth. I also chose this place as an area to discover because I wanted to find out more about it. There have been instances where sometimes I walk past my garden numerous times, however I have never had the opportunity to stop and notice the small details as this was the perfect opportunity to.







Facts/Information







The main attraction in my garden are these two bushes which are currently plain with green leaves; they sit towards the edge of the lawn. However, every year at the beginning of June, beautiful pink flowers bloom on the left-hand side bush, and wilt away by the end of the month. On the other hand, during the start of May (every year), purple Japanese-style flowers appear on the right-hand side bush and fade away at the end of the month. You can see photographs of this happening on the next page.

Trust the process.....



Myself in the two photographs at the beginning of and mid-May (2025: left) and (2022: right), where the beautiful pink flowers are slowly appearing on the left-hand side bush.



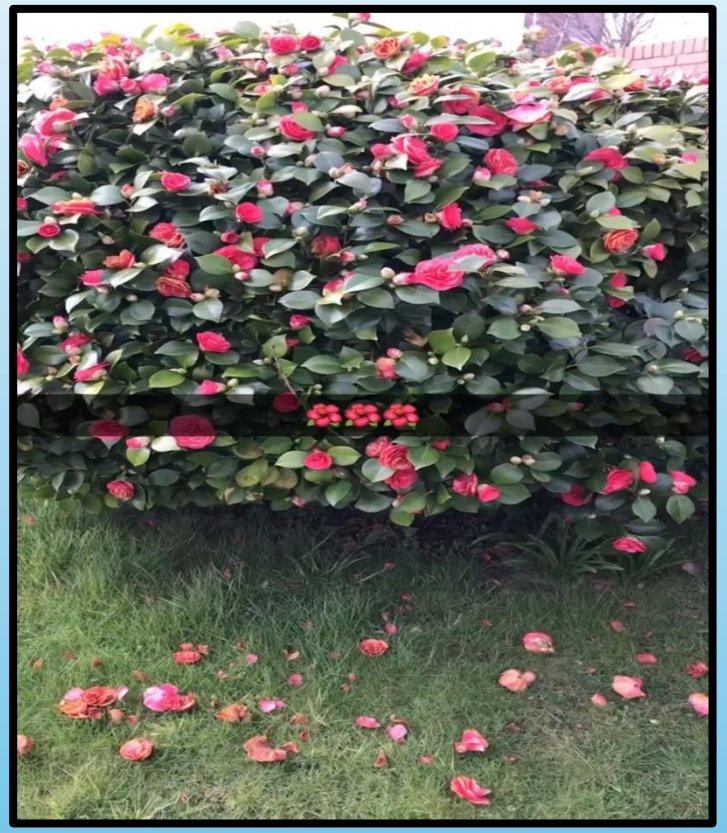


Myself in the two photographs at start of and mid-June (2020: left) and (2026: right), where gradually the purple Japanese-style flowers are showing on the right-hand side bush.

And viola.....fully bloomed!!







YOLO OF LIFE

Sunset views overlooking my garden and neighbourhood



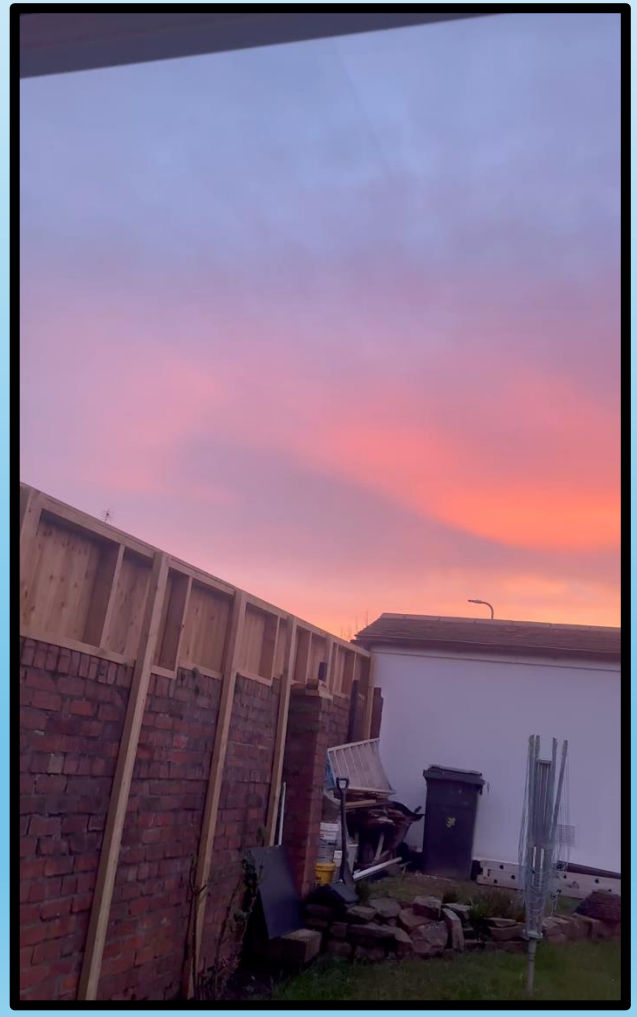
(June 2022)



(June 2026)



(May 2023)

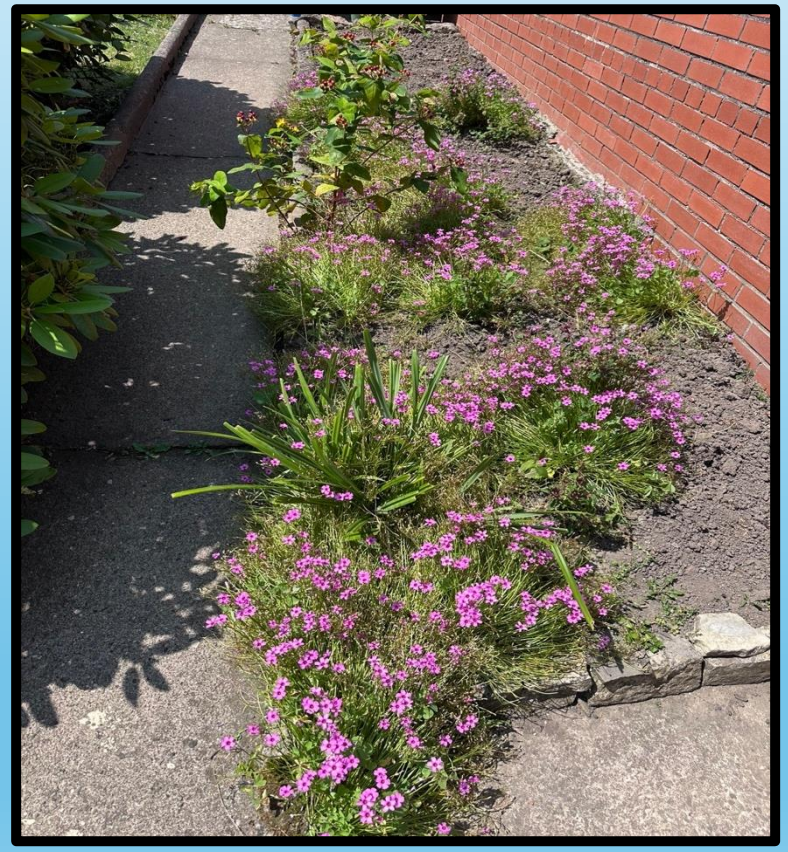


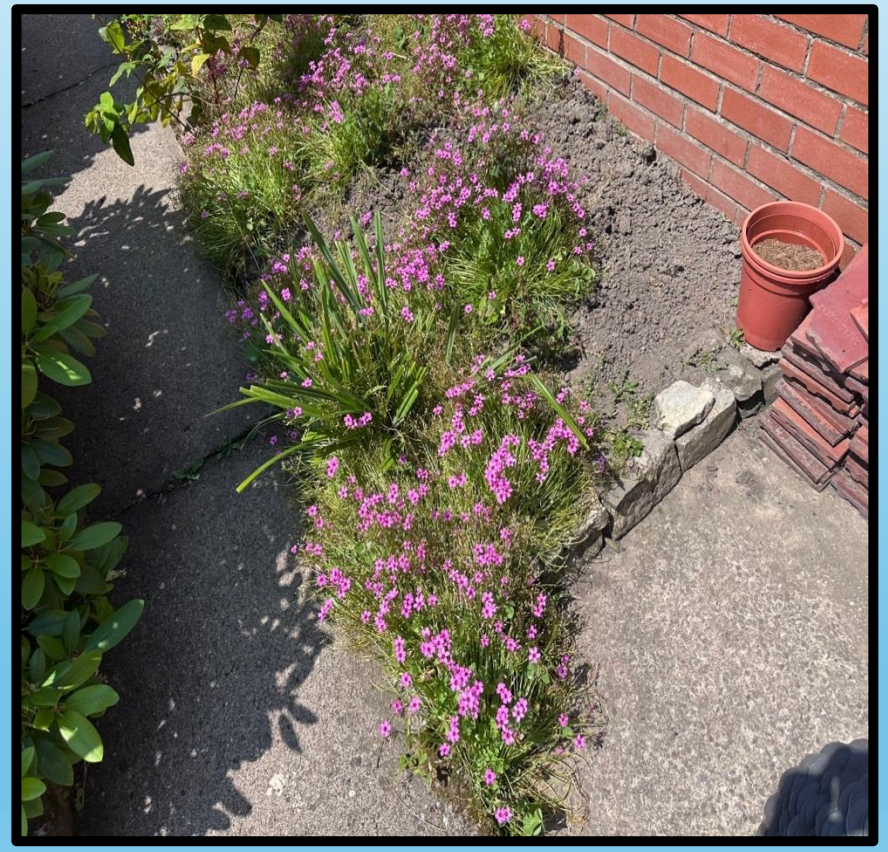
(February 2024)

EXPLORE....


A video clip of
the whole of
my garden....

Pink Flowers







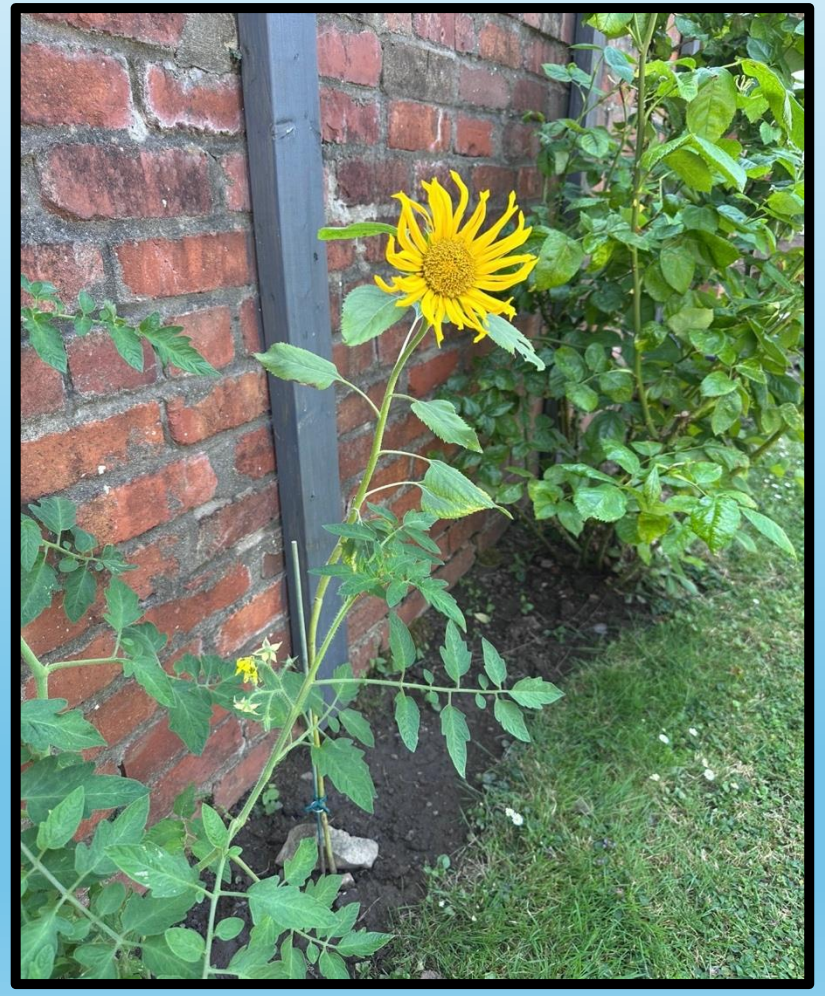
A video clip of the Pink Flowers.....



A Sunflower....





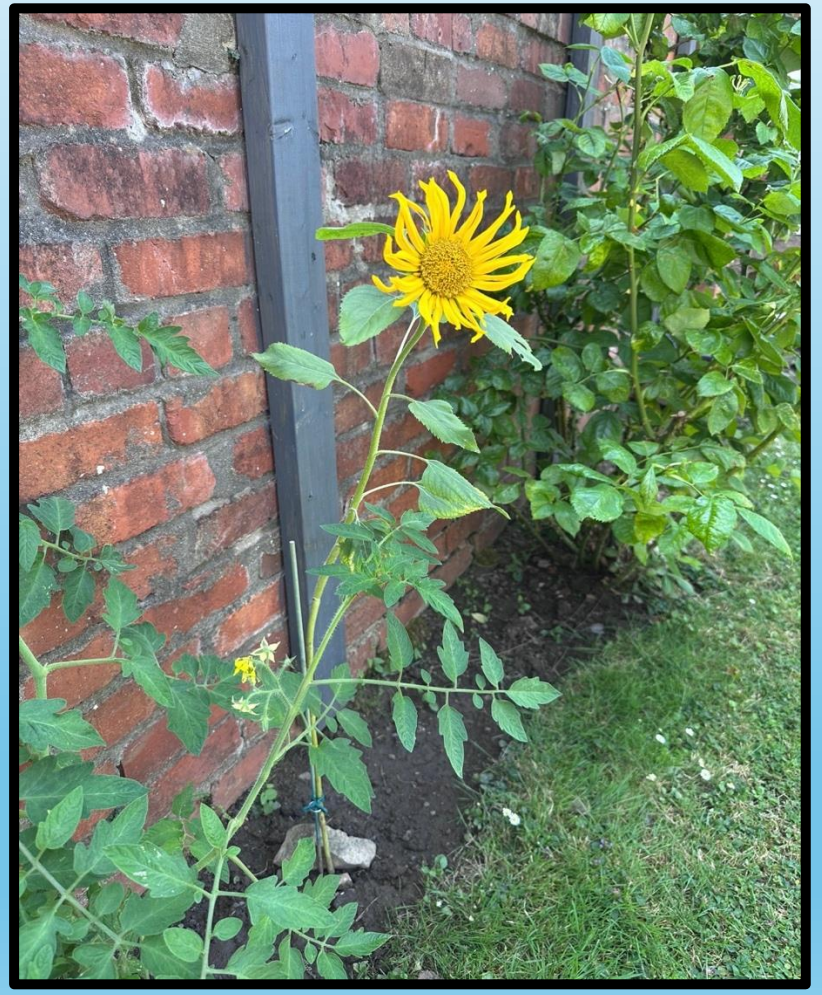



A drawing I completed using colouring pens of this photograph on the next page.....



A Short Narrative....

"The sunflower growing in my garden inspired me to create this drawing because its vibrant yellow petals immediately caught my attention. It reminded me of sunshine, light and positivity, and I wanted to capture those feelings creatively using colouring pens. Taking the time to draw the sunflower also encouraged me to notice its colours, shape and details more closely than I normally would. This made me realise that connecting with nature can happen in different ways, and that something as simple as a flower in my own garden can inspire creativity, curiosity and appreciation for the natural world."



Green leafy Plants....







Daisies....







A short nature poem inspired by my own garden....

I stepped into my garden,
With sunshine in the sky,
A little bee was buzzing,
And butterflies fluttered by.
The flowers stood so brightly,
In yellow, pink and red,
A sunflower faced the sunshine,
And gently raised its head.
I listened to the birds sing,
And watched the branches sway,
I wondered what small creatures
I might discover today.
Beneath the leaves were insects,
Among the grass they crept,
So many tiny living things
In places I had never checked.
I stopped and looked more closely,
At things I'd passed before,

And every time I searched around,
I seemed to notice more.
The garden made me curious,
With questions everywhere:
What is this little flower?
And who might shelter there?
I learned I don't need every answer,
Before exploring something new,
Sometimes the greatest discoveries
Begin with **“Let's find out too!”**
So when you walk through nature,
Take your time and look around,
For even in a garden,
A whole wild world can be found.
Look after every creature,
Each flower, tree and bee,
Because when we care for nature,
We protect what we can see.
My garden taught me something
I hadn't understood before:
The more I stopped to notice nature,
The more I wanted to explore.


It’s the small details.....

Soil.....



Photograph



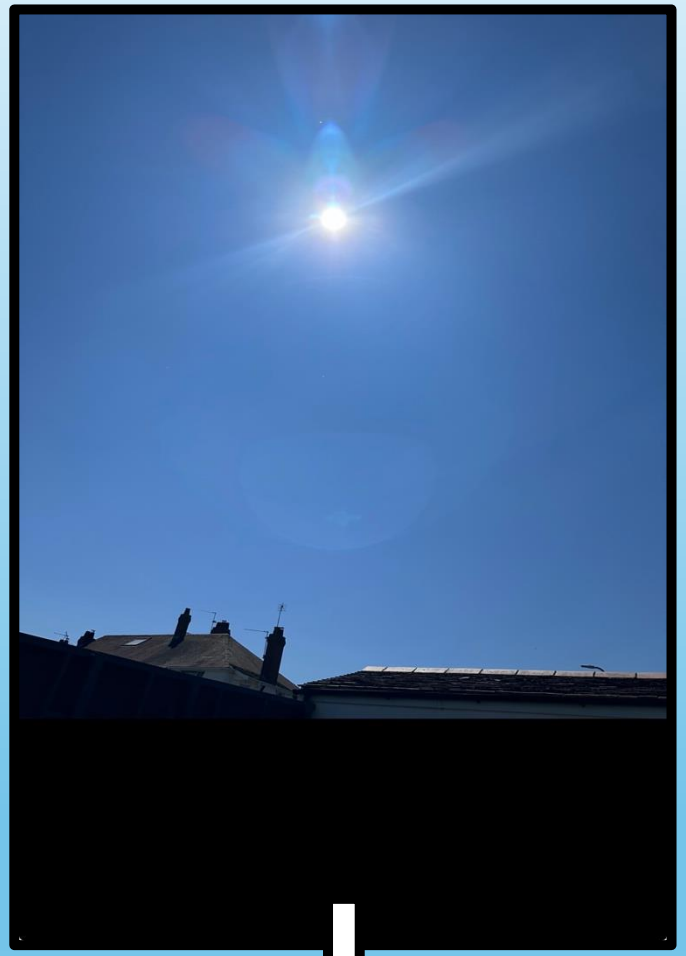
Video clip



Photograph


The sky is
the limit.....

A photograph and short clip of the sky……



Photograph



Short clip

Dandelions.....







A drawing I completed using colouring pencils of this photograph on the next page.....





CONSERVE....

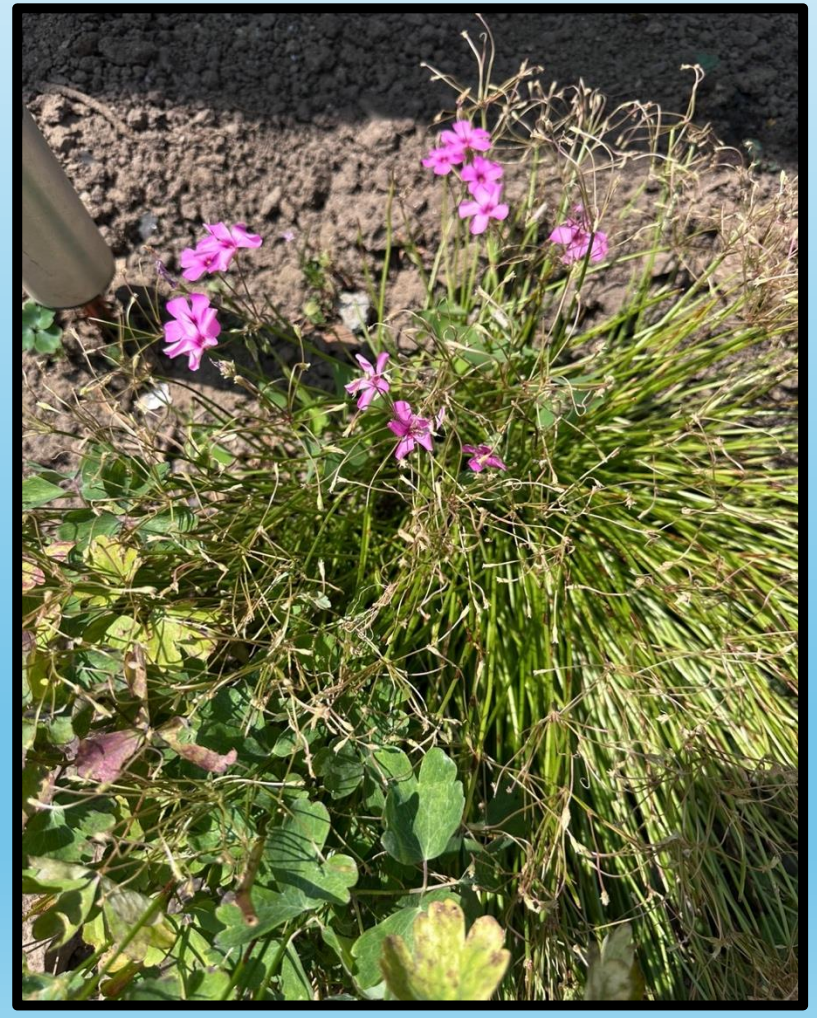
Bird Feeders.....

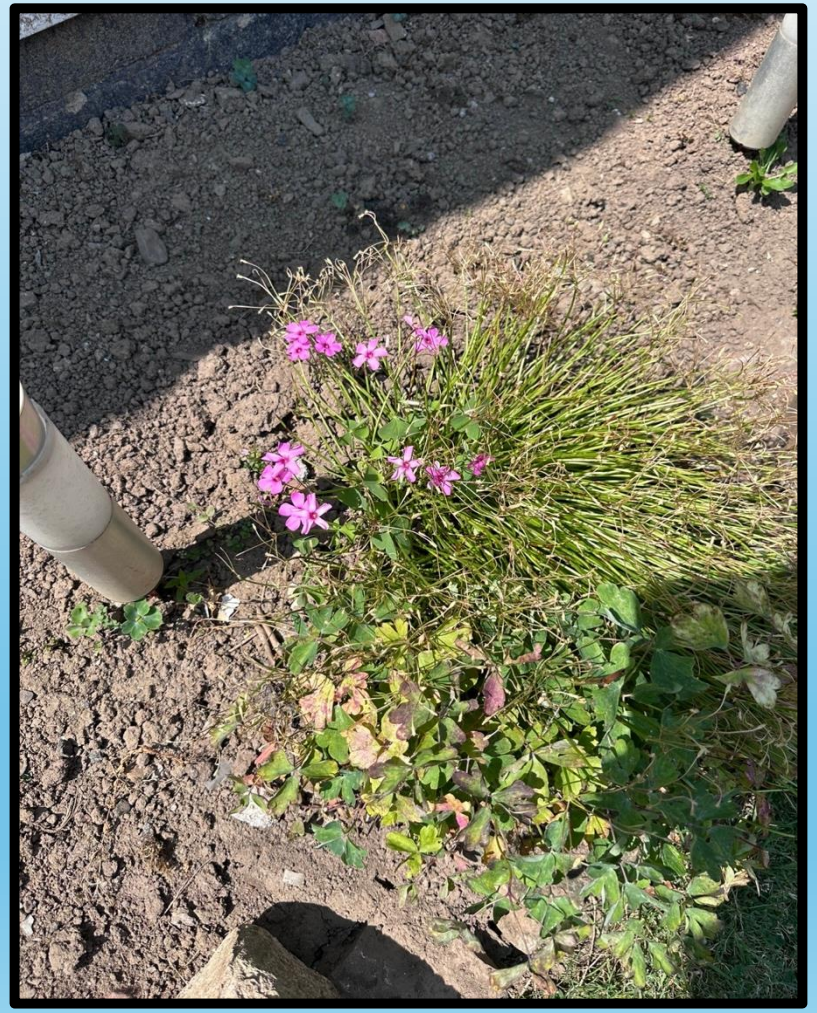
- I went out with my mum to Wilko and bought a bird feeder along with bird seeds. Once I filled the bird feeder with the bird seeds, I placed it on top of a brick wall as there was no hook to hang it in my garden. I eventually witnessed a group of birds come and tipped the bird feeder onto the grass where all of the seeds spread as they picked at them. Unfortunately I couldn't capture this moment as they flew away whilst I was recording. I also do not own any cats as pets and hardly any cats enter my garden as I am aware of the potential risk this has to birds.

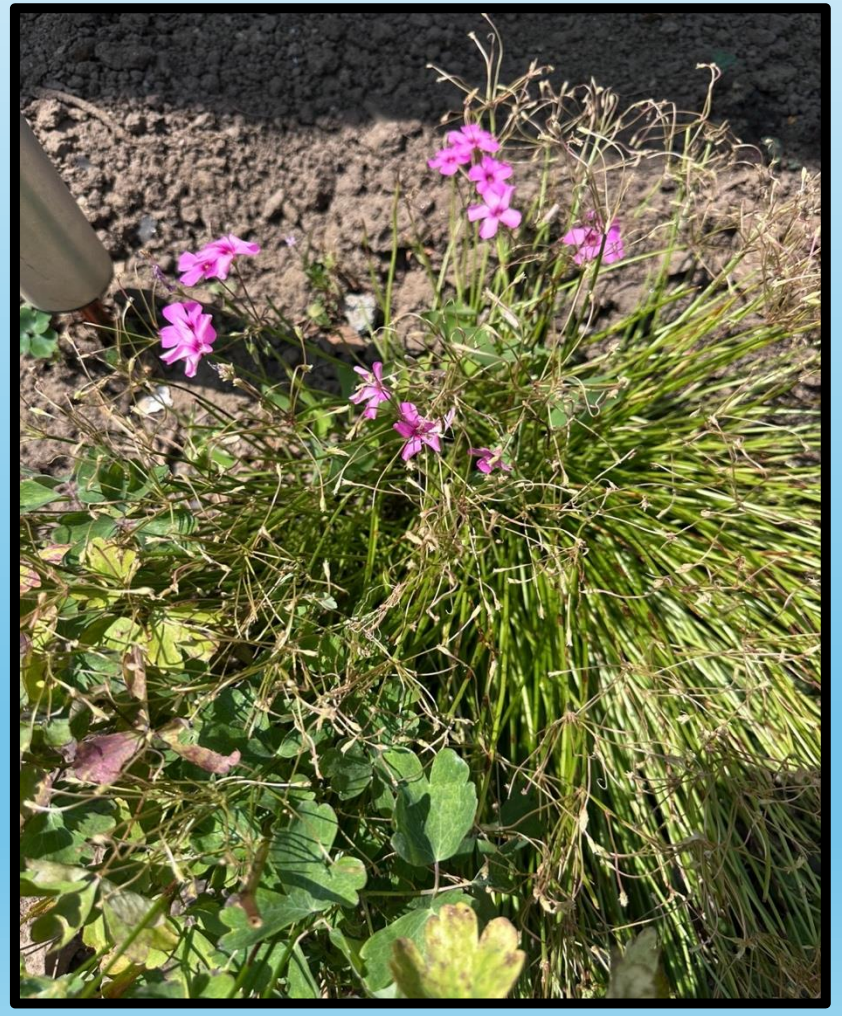




And more Pink Flowers....

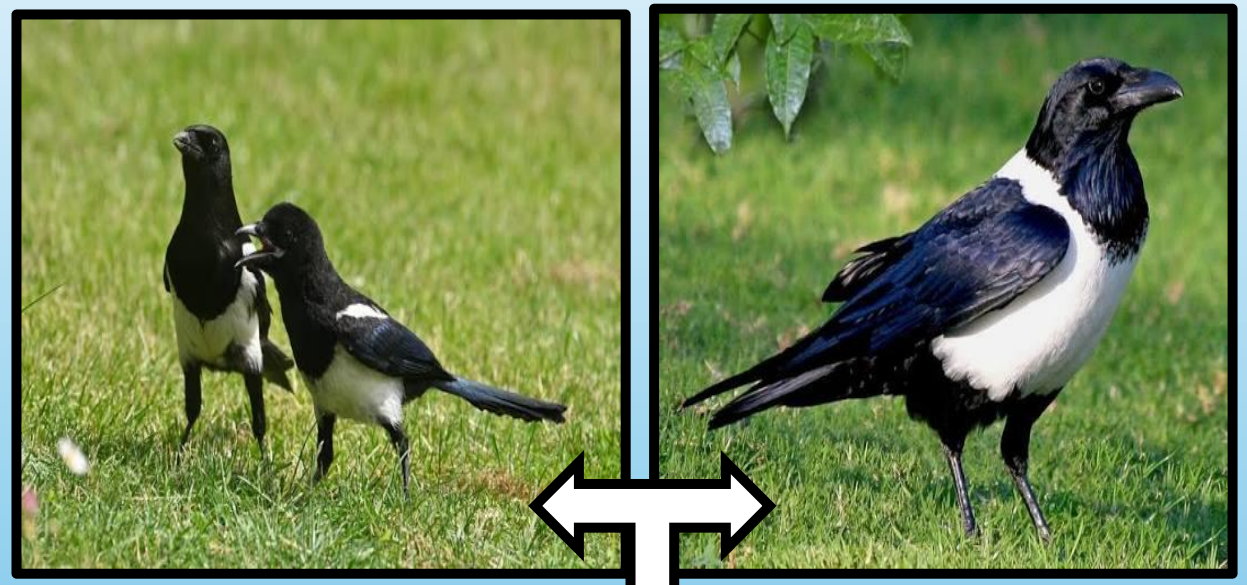




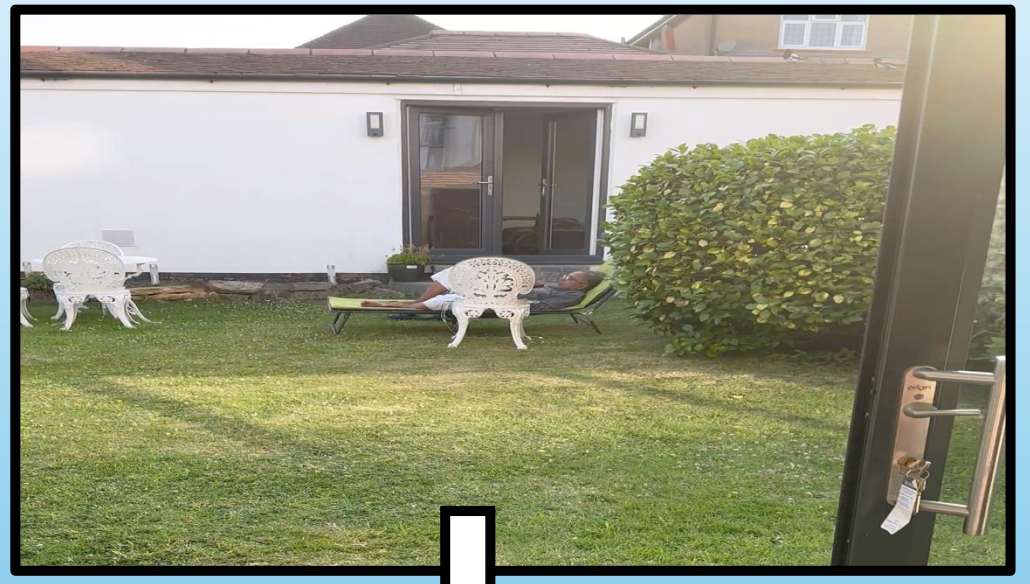




Crows....



These two pictures are from Google. However, they are the exact look-alike of crows that I see in my garden. I added them in my scrapbook just in case you are unable to see them clearly from my own photographs which are on the next page.



This is my own personal video that I managed to capture of when a couple of crows decided to land on the roof of our back room in the garden. I took advantage of this moment to capture their presence. If you listen carefully, you can hear their chirping and singing. (Captured during the July 2026 heatwave).

More Crows....

These photographs are my own as I managed to capture the birds as fast as I could before they got scared and flew away. I have noticed these crows come into my garden every often. I sort of get a sense of feel that they enjoy being in my garden, especially when the lawn is mown with freshly cut grass. I observed that they also pick at the grass for a long time as well. (Captured during the July 2026 heatwave).







And More Crows....



And plenty more crows!! When I saw a couple of crows visit our garden again, I slowly crept up and got ready to record my video. (Captured during the July 2026 heatwave).

Observing the wind blowing on the bushes....



Observing the wind blowing on the Sunflower....



Observing the wind blowing on the plants....



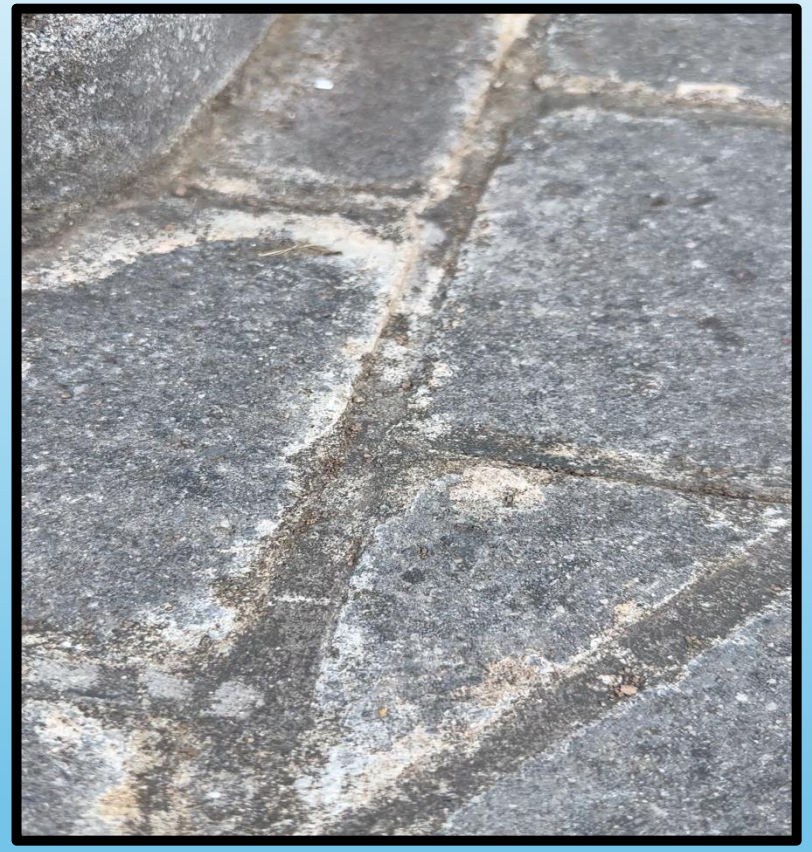




Observing my shadow in the sunshine....



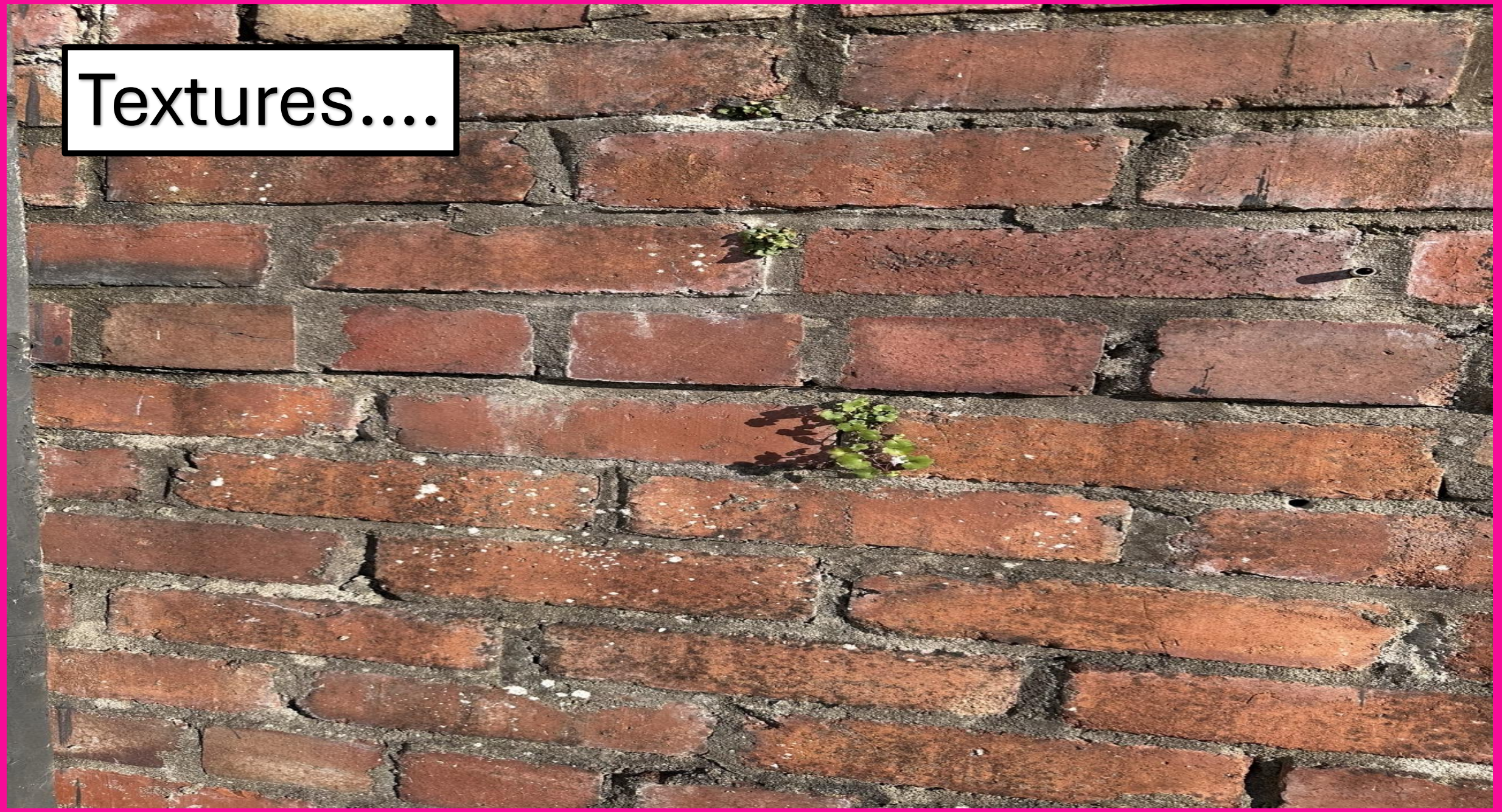
Ants and Bugs....







Insect life is very important to us. I researched more about it and found that it is actually on the decline. Therefore, it must have a severe impact on birds and other animals.

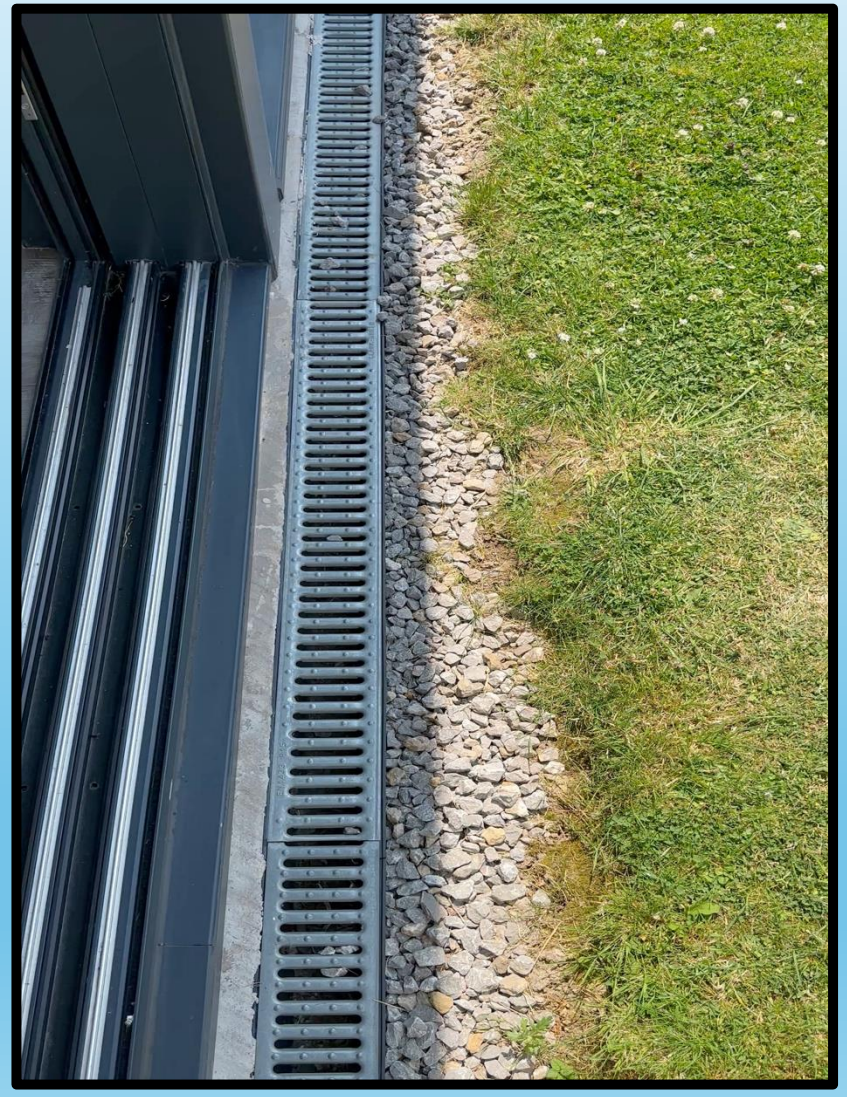

Textures....

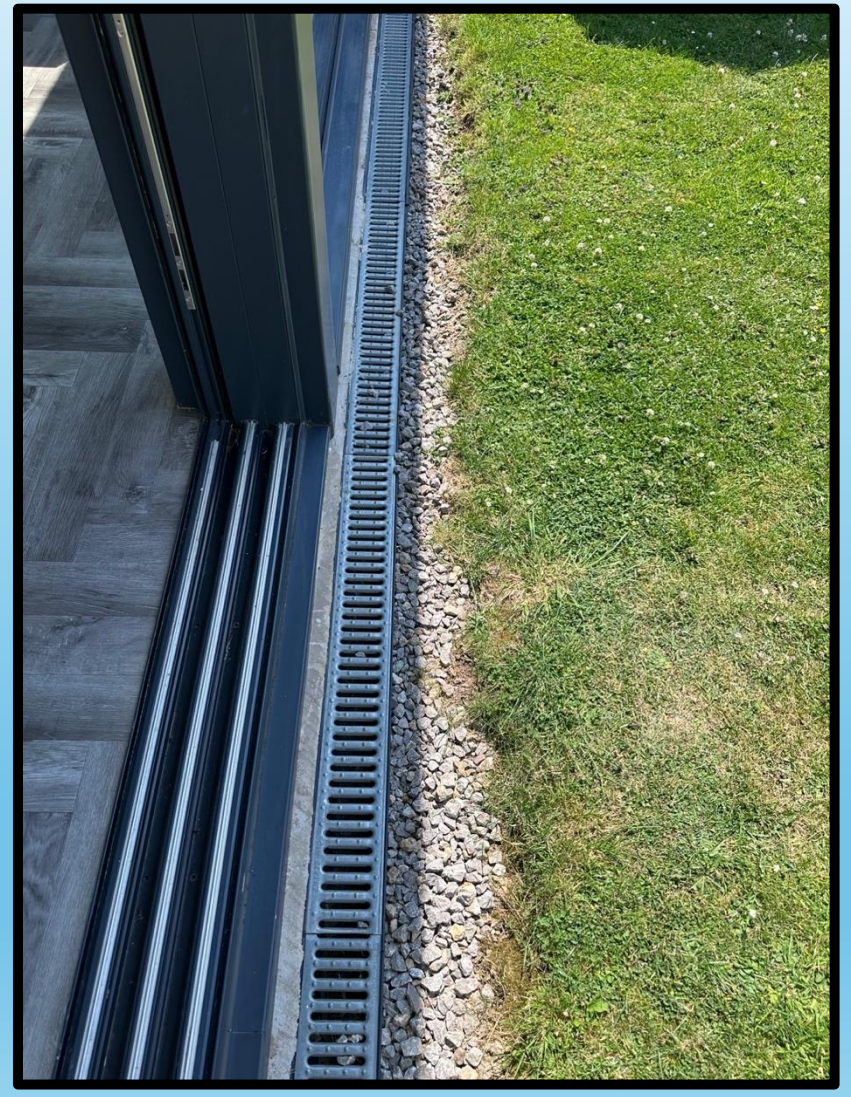
Brick Wall plants....





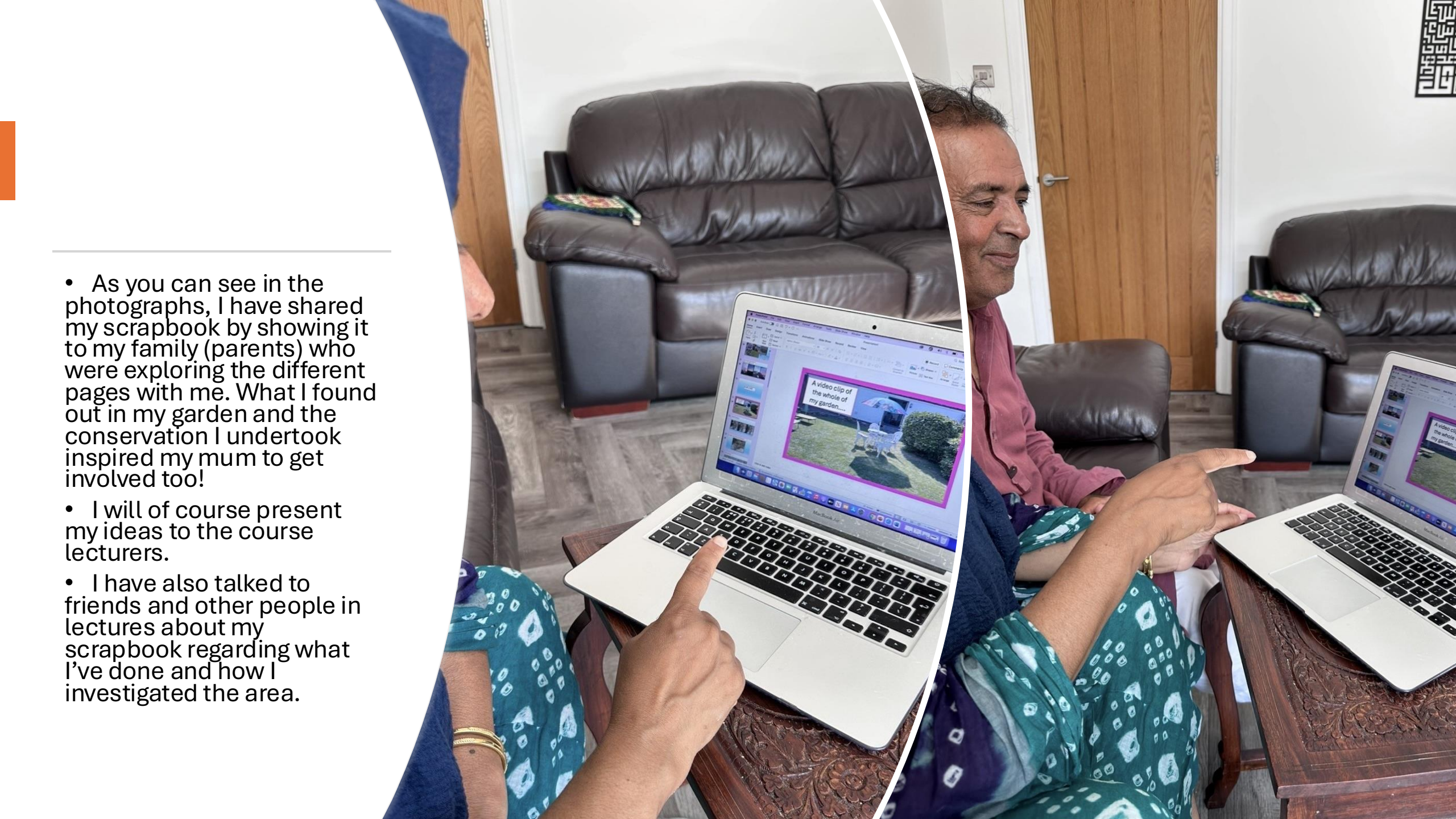
A metal drain among small pebbles....





SHARE....

- As you can see in the photographs, I have shared my scrapbook by showing it to my family (parents) who were exploring the different pages with me. What I found out in my garden and the conservation I undertook inspired my mum to get involved too!
- I will of course present my ideas to the course lecturers.
- I have also talked to friends and other people in lectures about my scrapbook regarding what I've done and how I investigated the area.





John Muir....



- **Background**

- John Muir was born in Dunbar, Scotland, (East of Edinburgh) in 1838, where he discovered his love for nature at a young age. He was the third of eight children. Due to his strict Christian values, Muir's father didn't approve of his love for nature because it took time away from his bible studies. Muir's earliest memories are from exploring nature whilst on short walks with his grandfather. In 1849, Muir moved to Wisconsin, (United States of America) in order to join a faith that better aligned with his father's values, the Disciples of Christ.

- **Occupation**

- John Muir was a naturalist, author, environmental philosopher, glaciologist and an early advocate for the preservation of the wilderness in the United States.



- **Education**

- At the age of 22, Muir began taking classes in Chemistry and Sciences at the University of Wisconsin-Madison. Muir had to pay his own way, as he learned about what really interested him – Science and the natural world. Muir's brother moved to Canada to avoid the Civil War draft. Shortly after, Muir followed. It was here that Muir finally got to explore nature to a fuller extent.





- **<u>Environmental Contributions</u>**

- After being blinded for a short time, Muir decided to completely devote himself to nature, exploring the Americas and making sketches as he went. He eventually landed in San Francisco where he continued his exploration. After landing a mill job working with James Mason Hutchings. Muir began having his ecology-based articles published in papers in the early 1870s. Muir had a wide readership for his articles which praised nature in both spiritual and poetic ways. Muir visited Yosemite Valley for the first time in 1868 and would later help establish Yosemite as a national park in 1890. He also helped establish Grand Canyon and Sequoia National Parks. Muir co-founded The Sierra club in 1892, taking on the role of president for over 20 years. In 1903, Muir went on a three-day camping trip with Teddy Roosevelt where he contributed to Roosevelt's conversationalist views. Muir continued to explore late into his life including a trip to the Amazon at age 73.
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