

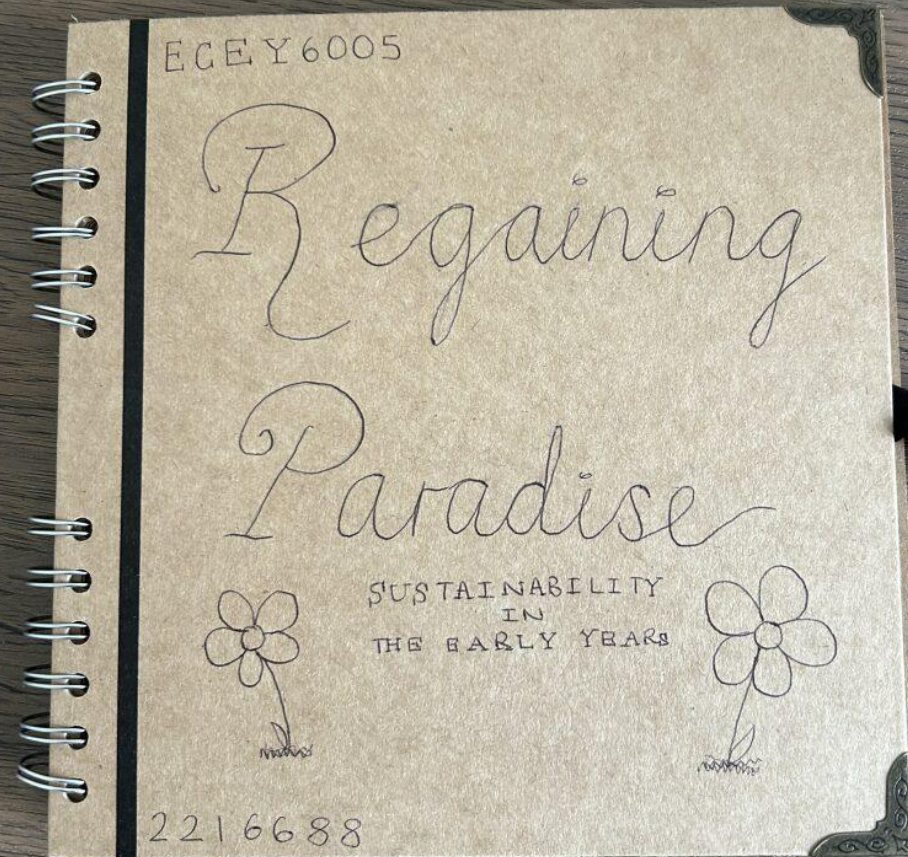
ECEY6005

Regaining

Paradise:

Sustainability in
the Early Years.

Photos uploaded
of physical scrap
book created by
student number:
2216688 –
Megann
Hopkins.



AN INTRODUCTION

This is me! My name is Megann
Hopkins and this is my
evidence collected as part of
the John Muir award. This
scrapbook was purchased from
a charity shop in my local
area for £1. This was done in an attempt to be
sustainable



JOHN
MUIR
TRUST

FOR
wild LAND &
wild PLACES

DISCOVER

When we were first told about this project and assignment I was very excited. I very much enjoy spending time in the outdoors and often visit different places to do this. However, this also caused me some difficulty as I found it challenging to choose a specific area to focus on.



2



The park



3



My local park is only a minutes walk away from my house. It is a place that I spend majority of my time due to my daily dog walks there. It consists of three separate fields and a woodland area.

hidden gem

In the middle of the wooded area of the park, just off the pathed areas lies a hidden gem. A large pond sat quietly, teeming with wildlife. This is my favourite spot in the park.





My local park is only a minutes walk away from my house. It is a place that I spend majority of my time due to my daily dog walks there. It consists of three separate fields and a woodland area.



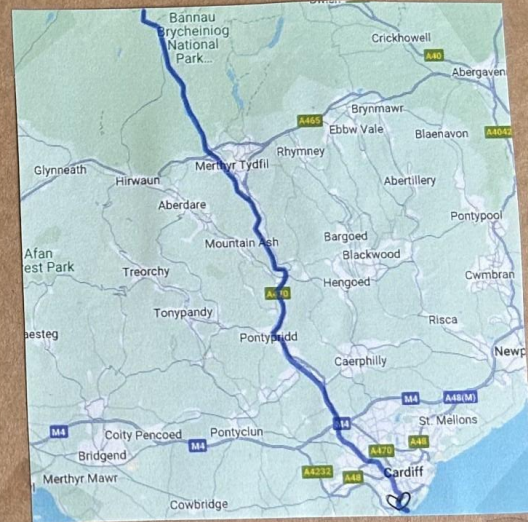
HOWEVER...

I quickly realised that my local park was not the area I wanted to focus on. There is one thing I love doing more than taking a walk through the park, and that is going paddleboarding.

I adore being on my board in the water. I very much feel at ease and my worries disappear as I listen to the things around me.

The River Taff

The River Taff is the place I do most of my paddleboarding.



Our 5 senses

Close your eyes
Oh what a surprise
Listen to the birds
Singing without words
Listen to the breeze
As it flows through trees
Open
Watch the flowers sway
A perfect picture they portray
Watch the clouds pass
Reflecting shadows on the grass
Smell the fresh air
It is the scent we wear
Feel the light of the sun
It's our only one
Cherish this time
It truly is sublime.

The poem I created for
the children

8

I thought I would
make a poem to encourage
the children in my setting
to listen and observe
to the world as part of
a nature activity.

This activity was
undertaken on a
school trip to Cardiff
Bay.

Things they heard

"splash"

"Frogs"

"Boats"

"Bees"

"children"

"wind"

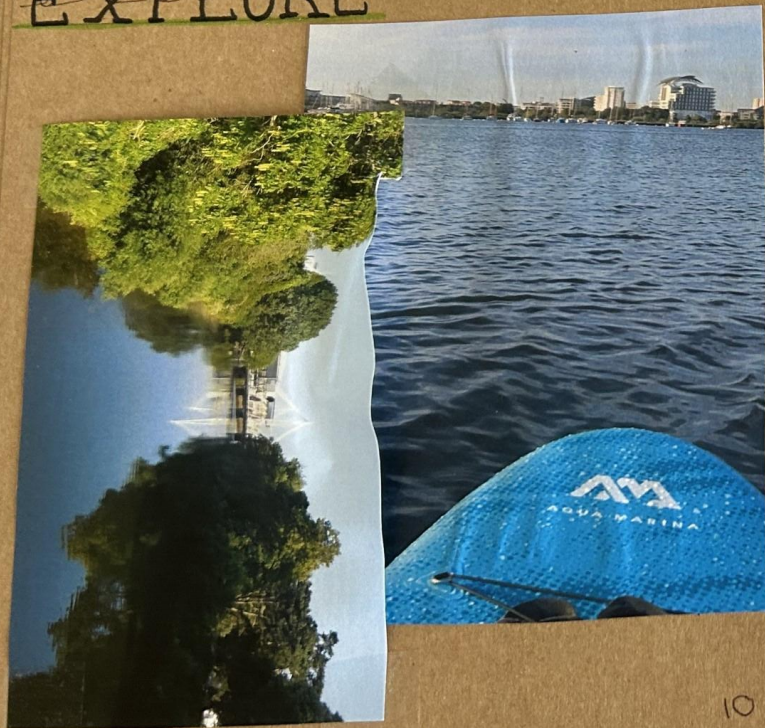
"Birds"

"silence"

"cars"

9

EXPLORE



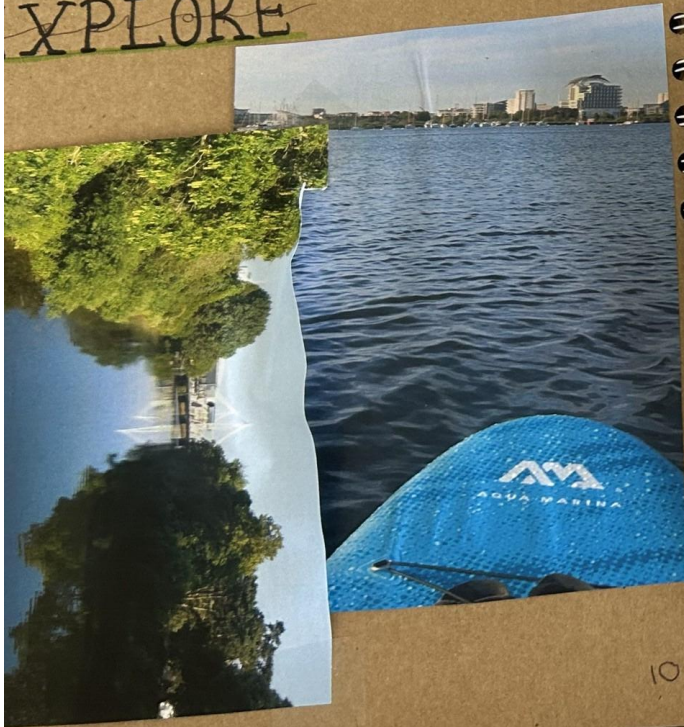
10



WILDLIFE

13

XPLORE



I have always loved water.
Whether that being me in
it or simply listening to it.
I found out recently that
my star sign is a water sign
(cancer). This fascinated me
and made me wonder if this
was why I enjoy it so much.

10

11

11

13

10

EXPLORE



10

11

12

13



My star sign
in the stars



WILD LIFE



Black swans are not native found in Europe, they were brought from Australia in the 1800s.

SWANS



- One of the largest flying birds!
- Can live to be 24 years old!

14

Swans are considered to be a sign of love ♡



Did you know?

It is a criminal offense to harm a swan, its eggs or nest.

Did you know?

Swans can make lifelong bonds with its pair.

Swans are territorial over their nests!



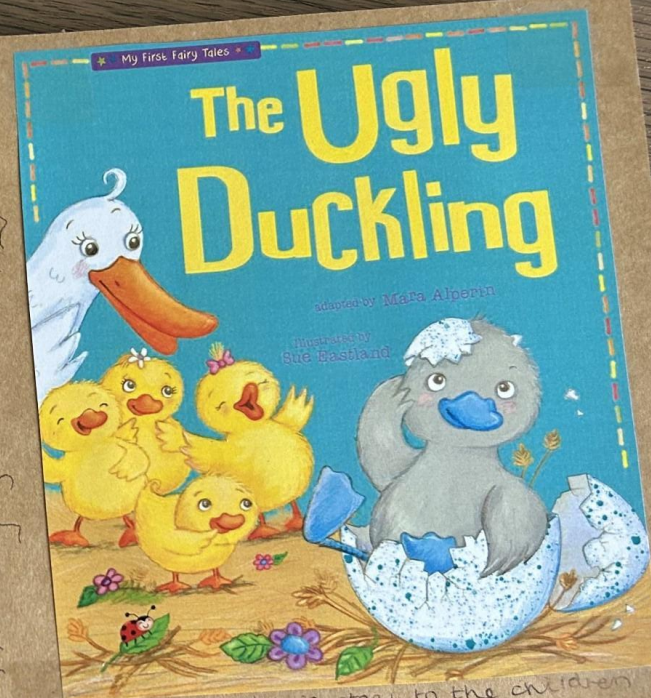
15

I often see swans on my paddle up and down the River Taff. When it is their season, they are sometimes accompanied by their ducklings.



16

The ugly duckling



I read this story to the children in my class.

17

SCHOOL



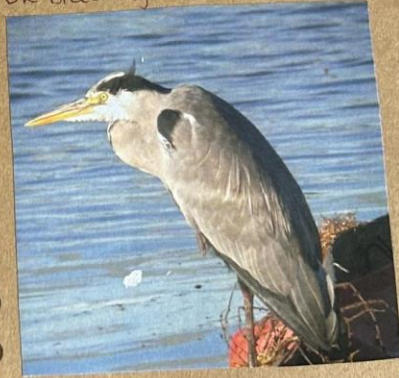
I asked the children what they knew about swans, most told me that they're usually found in Roam park.



I created some swan crafts with the children in my setting. They enjoyed this after the ugly duckling story.



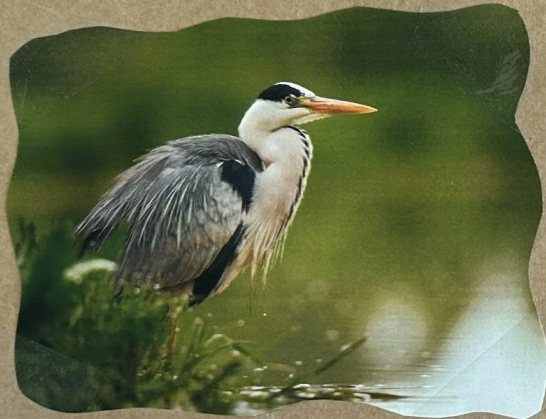
Eats: Fish, ducklings, amphibians
Length: 90-98 cm
Wingspan: 175-195 cm
Weight: 1,500-2,000g
UK breeding birds: 13,000 nests



GREY HERON

I have seen grey herons perched on branches that protrude out of the water along the River Taff.





To me, grey herons have a prehistoric look to them. I have undertaken previous research on these birds where I learnt that they often nest in the tops of trees. I also learnt that herons mainly eat fish.

20

Fish



During my time paddleboarding along the River Taff, I have seen quite a few wt fish in the water. At first it used to scare me not knowing what was swimming underneath me. It was due to this fear that I researched what types of fish live in the River Taff. I have always quite liked fish, I often find myself visiting Pugh's garden centre or Cefn Onn Park.

I have seen brown trout and grayling fish in the Taff. I even think I have seen salmon, I googled and found that there is salmon in the River but they are rarer.

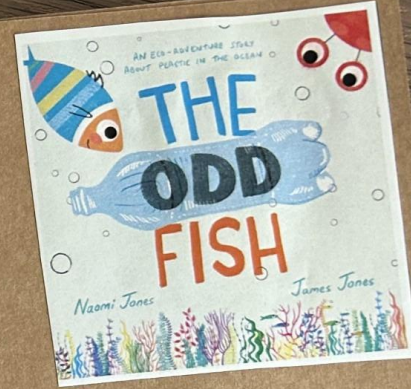
21



Unfortunately, plastic pollution can have harmful effects on fish and their habitats. It can cause both internal and external injuries to fish. They may mistake plastic for food and die of starvation.

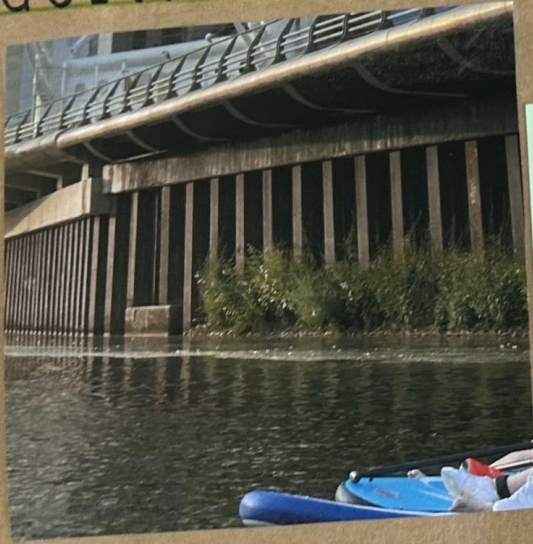
22

I read this story to the children in my setting.



23

CONSERVE



During my ventures along the River Taff, I have observed a large volume of plastic waste in the water.

24

I know that plastic waste/rubbish can be incredibly harmful to wildlife. I found a newspaper article whereby a wildlife expert stated that the River Taff was in a plastic crisis.



Unfortunately, research suggests that plastic pollution is increasing. Plastic can release toxic chemicals into water supplies and entangle animals, causing them harm. Microplastics may be ingested by wildlife which can poison them.

25

My Idea...

I was equally shocked and upset at the quantity of plastic pollution in the River Taff, so I decided I was going to do something about it.

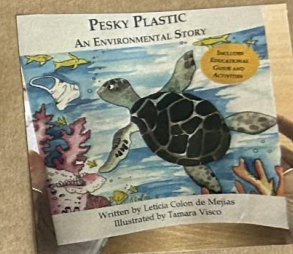
I had the idea of creating a 'litter net' which I would use in the water whilst on my board to collect rubbish.

Instead of buying a net, I decided to make one out of an old goal post net from my setting.



26

I wanted help from the children in my setting to protect our rivers. I read the pesky plastic story and made 'save the sea life' tuff tray activities.



Majority of the children knew not to litter and said we needed to 'reduce' our plastic. They were shocked by how hard it was to 'save the animals from the plastic'.

27

These are just some examples of the rubbish
I gathered when out on my paddleboard...

Ready salted walkers!



I wore
gloves
to
protect
myself
from
germs.



polystyrene!

Plastic on a beach
in Asia. This is horrendous!



28

SHARE

I did several trips collecting waste from the
water. After sharing my findings with my
friends, they wanted to also take part.



My friends and family
now use renewable rather
than single-use plastics to
reduce their risk of plastic
pollution.

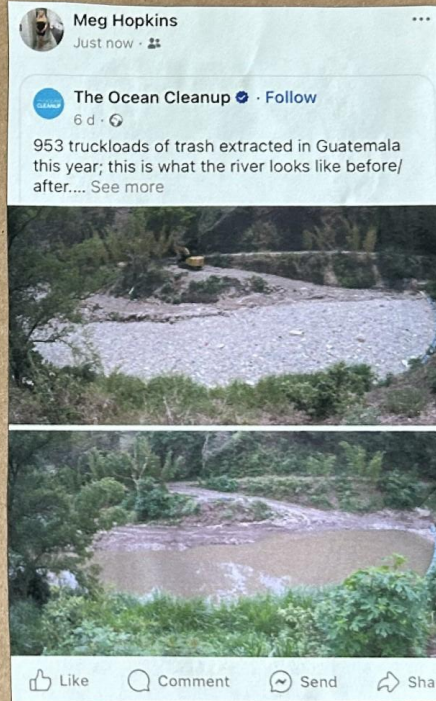
29

in my setting...



I chose to educate both the staff and the children in my setting on my project. They were all shocked by my findings. I created a powerpoint and showed this scrapbook. My setting are keen to participate in the John Muir award with classes across the school.

30



I used my social media platforms to share information regarding plastic pollution.

Many of my friends and family reshared these posts to spread awareness

SOCIAL MEDIA

31



I have also posted my findings on TikTok where I received 1,437 likes and 9,842 views.

I found out that Decathlon combines litter picking with paddle boarding during events in sustainable September to reverse plastic/litter pollution.



My friend showed me these buckets she got from participating in these events.

32



I have thoroughly enjoyed participating in the John Muir award. I use this saying frequently. I believe that human mistakes such as plastic pollution can be learnt from to create a better, healthier, more sustainable future for the planet.

33