



This part of the woodland felt quiet and sheltered, with thick trees and leaf litter covering the ground. I noticed how fallen branches and decaying wood are left naturally, which helps insects, fungi and other wildlife survive. The area felt very undisturbed and helped me appreciate how important woodlands are for biodiversity and calm outdoor spaces.

During this experience I slowed down and paid attention to the sounds, smells and textures around me. It made me feel more connected to nature and more aware of how ecosystems depend on balance.



In this area I observed lots of ferns, moss and deadwood. I learned that fallen trees are not “waste” in a forest ecosystem because they provide habitats for insects, fungi and small animals. The woodland floor showed different stages of decay and regrowth.

The sunlight coming through the canopy showed how plants compete for light and space. I found it interesting to see how different species grow together in one habitat.



This clearing showed a contrast between open space and dense woodland. The open area allowed more sunlight to reach the ground, encouraging the growth of ferns and young plants. I noticed how different environments exist within the same woodland.

Spending time here helped me appreciate the importance of conserving green spaces. Areas like this support wildlife while also giving people opportunities to relax and improve wellbeing.

Being outdoors helped me feel calmer and more mindful. It reminded me why protecting natural spaces is important for both people and wildlife.



This photograph highlights exposed tree roots and the natural woodland floor. I observed how roots spread widely to support large trees and absorb nutrients from the soil. The path also showed evidence of responsible public access through the woods.

I thought about how visitors need to respect natural environments by staying on paths, avoiding litter and protecting habitats from damage.



This woodland trail encouraged exploration and connection with nature. Walking through the forest helped me observe changes in vegetation, light and terrain. I noticed how peaceful the environment was compared with busy urban spaces.

The experience increased my appreciation for local natural areas and inspired me to spend more time outdoors. It also helped me understand John Muir's idea that people should experience nature directly in order to value and protect it.

This experience helped me develop a stronger awareness of conservation, biodiversity and the benefits of nature for wellbeing.



This area showed how fallen branches and trees naturally become part of the woodland environment. The tangled branches created shelter for insects, birds and small mammals. I learned that deadwood is an important part of biodiversity because it provides food, protection and habitats for wildlife. The woodland felt untouched and peaceful, which helped me appreciate the importance of leaving natural areas undisturbed where possible.



In this photograph I focused on the dense undergrowth made up of ferns, ivy and fallen branches. The thick vegetation showed how forests provide many layers of habitat for different species. I noticed how sunlight only reached certain areas through the canopy, affecting where plants could grow. This experience helped me understand how ecosystems depend on balance between light, water and plant life.



This tree stood out because of the moss growing on the trunk and the healthy vegetation surrounding it. Moss grows well in damp and shaded woodland conditions, showing how the forest creates its own microclimate. I also noticed branches arranged around the tree, which made me think about the relationship between natural environments and human interaction. It reminded me that people should respect woodland spaces and avoid damaging habitats.



This woodland path showed a safe route through the forest while protecting the surrounding habitat. Walking along the trail allowed me to explore the area without disturbing plants and wildlife too much.

I observed different textures along the path, including soil, leaves, roots and stones. Spending time walking through the woodland improved my wellbeing and gave me time to reflect quietly on nature.



This photograph captures sunlight filtering through the trees onto the woodland trail. The mixture of light and shade highlighted the diversity of the forest and created a calm atmosphere. During this experience I reflected on how nature can positively affect mental wellbeing and reduce stress. The woodland felt peaceful and encouraged me to slow down and pay closer attention to the environment around me.



This photograph shows a blackberry bush with new blackberries beginning to grow. During my visit, I noticed that the berries were still developing, showing the different stages of the plant's life cycle. Observing this helped me understand how woodland plants change throughout the seasons and how they provide an important food source for wildlife such as birds, small mammals and insects. Seeing the blackberries forming reminded me that healthy ecosystems rely on natural seasonal cycles. It also highlighted the importance of protecting native plants because they provide food and habitat for many different species.



This photograph shows a mixture of woodland plants growing close together. I noticed flowering brambles, grasses and other vegetation all sharing the same space. Before completing the John Muir Award, I often overlooked plants like brambles, but I discovered they provide food and shelter for birds, insects and mammals. This helped me understand that even common plants are valuable for biodiversity.



While walking along the trail I photographed these purple flowers growing beside the path. Areas like this provide valuable food sources for pollinating insects and add to the biodiversity of the woodland. This reminded me that small patches of flowering plants can make a big difference to local ecosystems.



As part of my conservation activity, I collected fallen branches and stacked them together to create a deadwood habitat. Instead of removing natural materials from the woodland, I used them to provide shelter for insects, spiders and other small animals. This simple activity showed me that conservation does not always require large projects; even small actions can benefit wildlife.



This close-up photograph shows the finished deadwood pile. Looking closely, I noticed the different textures of the wood, moss and lichen, which can provide homes for many small organisms. Building this habitat helped me understand how dead wood plays an important role in woodland ecosystems by supporting decomposition and creating shelter for wildlife.