

Sustainability in the Early Years

Part 1

ECEY6005

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Discover...

- Through out my childhood I was able to enjoy living closely to the local park.
- This is where myself and my siblings would spend most of our days. Walking home from school on a summer's day enjoying the park and the swimming pool within it.
- Having fond memory's of watching the squirrels running from tree to tree, leaves falling from the never-ending arches of trees that shade the pathways.
- During daily walks within the park, I was not considering the environment and what this provides for individuals. As life can become fast passed, missing significant opportunities to embrace the natural environment around me.



- This often makes me wonder when I now walk around the park with my dog, what has changed over the years. Am I seeing things differently?
- Completing this award has made me rediscover the local wildlife and surroundings within the park. Trying to identify how my perspective has changed from being a child.
- Encouraging me to explore different parts of the park, new and old.
- I found myself noticing if my dog and nephew has the same curiosity when exploring the local area.
- Reminding myself of fond memories walking to the park with my class for a sunny afternoon with friends as our school trips.

Explore...

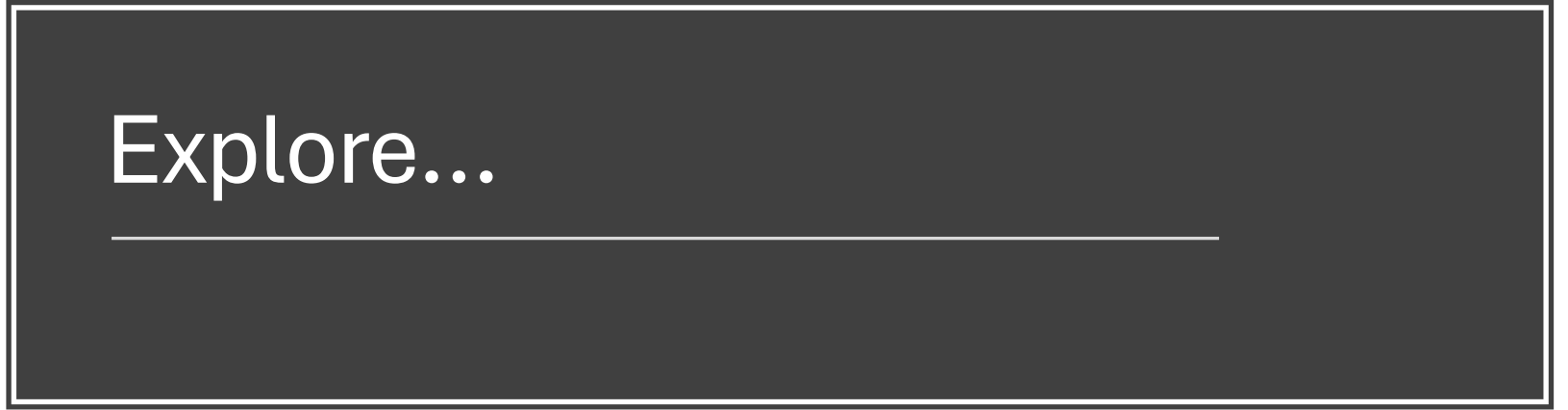
- As I explored the parks surroundings, I was able to notice how there are multiple opportunities to explore within the park. Whether this being with the wildlife, plants or the rivers surrounding. There are endless opportunities for learning and supporting wellbeing.
- Through exploring within the park, I was able to notice the wide range of wildlife that live and visit the park. From squirrels running around feeling safe within their environment, even though there are a high number of people within the park at one time.
- Flowers well placed and maintained, enabling bees and insects to thrive within the environment.
- Birds that are drawn to the river that flows through the park, and that live within the trees.



What is there to explore within the environment...

- Aquatic life
- Bugs and insects
- Cultivated flowers
- Far reaching views
- Hedgerows
- Nature info boards
- Pondlife
- Trees
- Wildflowers





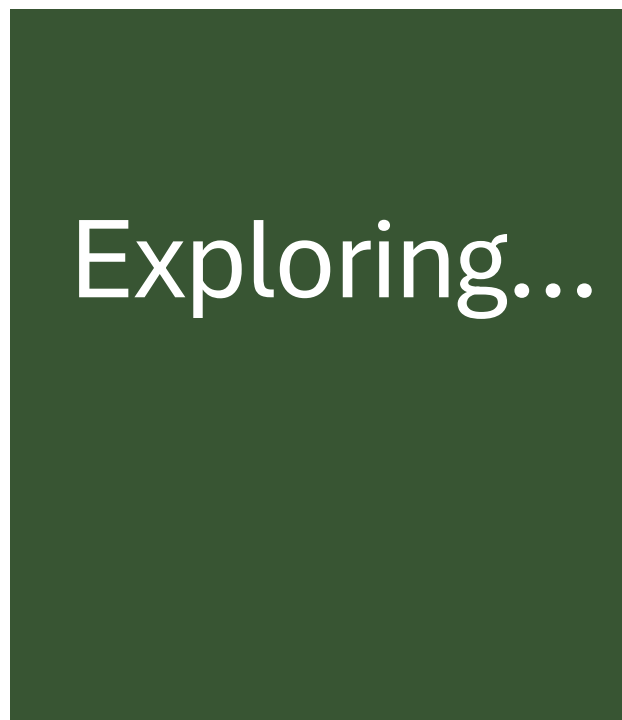


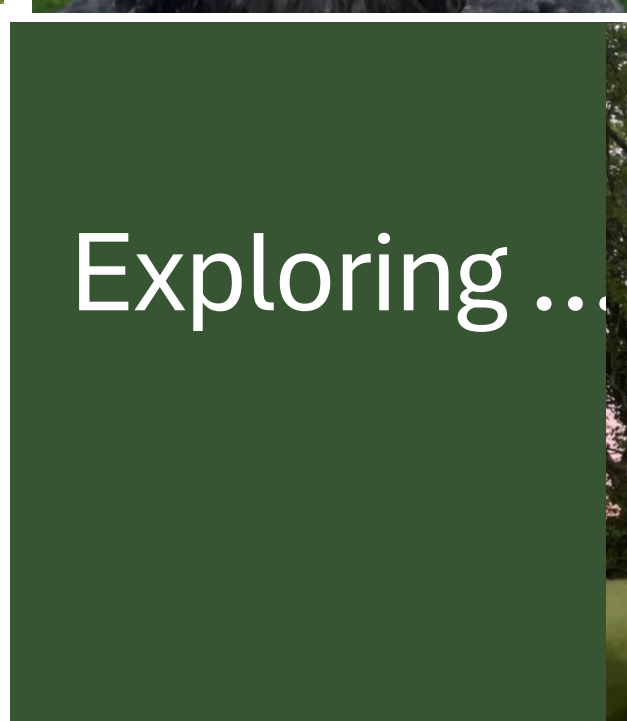
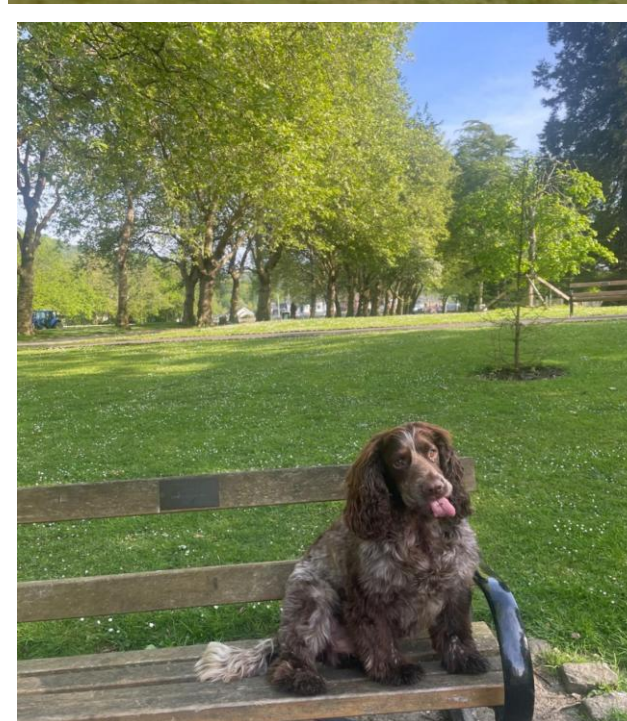
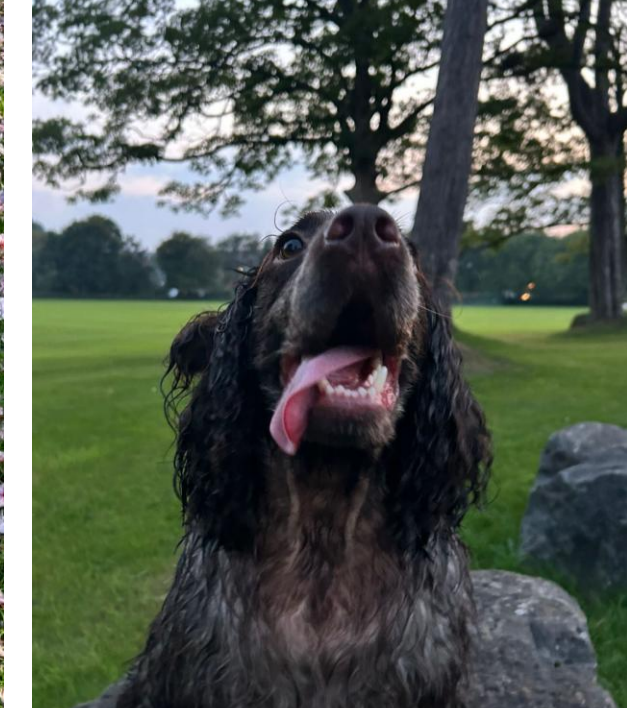
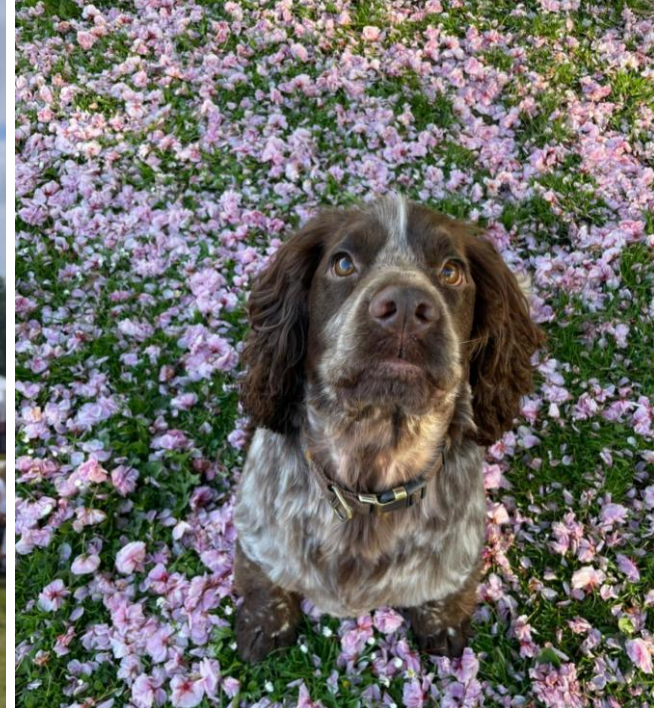
What I explored...

There are protections on the trees that are located within the park, that hold strict restrictions on the trees being cut down. This encouraged me to explore the boundaries that are in place to support the trees sustainability whilst adhering to safety protocols.

Where I found that the local council state that the trees within the park are an important future. That require the council to conduct strict management of the tree stock within the park.

Whilst the council also have ensured that over the last two years there have been replacement trees planted, to support the parks sustainability. However, although trees were being protected and replanted there were trees that had been removed following the Eisteddfod plans last summer.







Conserve...

Through participating within John Muir award, it has sparked the significance of connecting with natural environments.

This has supported me in recognising that slower paces within outdoor environments can have long lasting positive effects on an individual's wellbeing and mental health.

Through slowing down I was able to evaluate what changes over the years has supported sustainability and what could be done to improve.

During the walk there are multiple trees that provide a safe space for a range of different birds. In a bid to improve sustainability within the park could provide bird houses that are hung on trees to support the wildlife.



Conserve...

During this time, I was able to reflect on the impact of my dopamine levels and its effect on my mood and senses when in this environment.

This has supported me to engage with the natural world around me and my family, observing the nostalgic aspects within the environment.



Reflection...



Upon reflection, it is easy to get lost within daily tasks, such as walking the dog within a familiar environment. This can make it easy to rush past the environment around us.



Through rushing and not taking in our natural surroundings it is easy to miss how important nature and natural environments are to individuals.



Through participating within the award, I have been able to reconnect with the natural environment around me. Reconnecting with feelings I once felt as a child. Whilst passing these feelings onto my nephew and his forever changing environment. This has highlighted how much environments can change but remain the same and how effective this can be on a young child when developing.