

A close-up photograph of a person's hand holding a single, vibrant green leaf. The leaf is elongated with a serrated edge and prominent veins. The background is a soft-focus green, suggesting a natural, outdoor setting. The overall tone is hopeful and environmental.

Regaining Paradise?

***Sustainability in the Early
Years***

1909661

ECEY6005/C





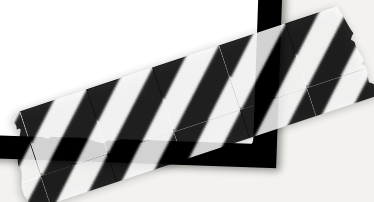
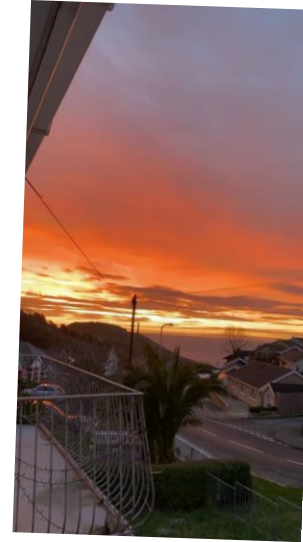
Discover...

- When I was growing up, I had a very large back garden, but it was very hard to maintain. When it was at its worst, I can only begin to imagine how much wildlife was living in the depths of the grass and bushes. I grew up in Mumbles with beaches after beaches on my doorstep, it was easy to spend hours sitting in the garden listening to the waves at the bottom of the road crashing up against the rocks. I loved searching through all the rockpools looking for different types of sea life. Life is very hectic working a fulltime job and doing a degree on the side, taking on the John Muir award as part of this assignment has given me the encouragement to explore the garden more and see all the different types of wildlife that can be found there.



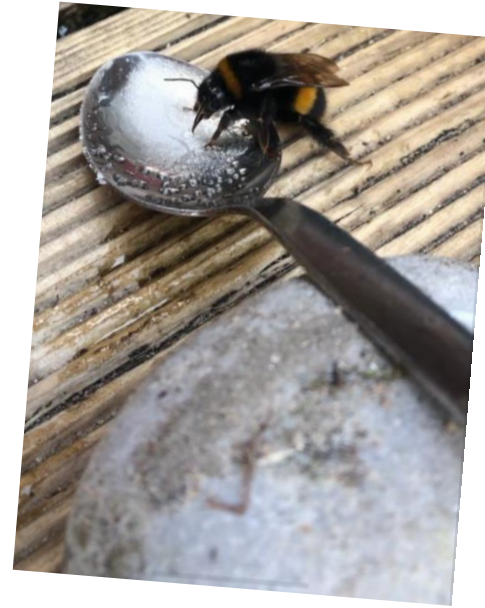
Discovering the area

- In Mumbles we are extremely lucky to have so many beaches and green spaces and to be surrounded by nature and the wildlife. Mumbles has very dull winters, some call it a blanket of darkness. Spring and Summer include blooming flowers which overwhelm our senses with colour and scents. By exploring and listening to the outdoors it has allowed me to enjoy being outside and to acknowledge all the plants and wildlife that grow in the garden and the environment around us.



Exploring my Garden

- Whilst I was exploring my garden I found slow worms, field mice, badgers, traces of foxes, different types of birds and squirrels, but due to the building work going on in the garden it has limited opportunities for wildlife and plants to thrive properly. We have had a few bees that have been found in the garden struggling, we always come to save them with water and sugar, we provide food for the birds through several bird feeders.



**We have been
planting colourful
flowers in our garden
to attract more bees
and wildlife.**



A Brook Bluetit is perched on a light-colored wooden perch. The bird has a blue head with a white forehead, a black collar around its neck, and a bright yellow body. Its wings and tail are blue. The background is a light-colored wooden surface.

Brook the

Bluetit.

(Birdslife, No Date)





***My Family of
Bluetits nesting
in our Birdbox.***



Story from Birth

- February- Bluetits start searching for a place to nest but they also start to find the perfect partner to mate with. Most like to nest in a birdbox so they know their babies are safe.
- April- The female bluetit builds the nest solo.
- May- The female starts laying one egg a day. They tend to lay between 12-18 eggs. Once the eggs have been laid the female plucks feathers from her abdomen to keep the eggs warm.
- Late may- The chicks start to hatch; they are naked and blind at this point.
- June- when the chicks are ready to fledge the mother will call them from outside the box to encourage them. Bluetits tend to fledge when they are 18-21 days old.
- Rest of the year- Bluetits tend to stay close to where they are hatched but some individuals do migrate.



(Outside Classroom Walls, No Date).

Bluetit's Bread and Butter

Brooke the blue tit sits on the gate
Her day had started in a terrible state
Since being Fed by her mother
She'd come to love bread and butter
but the table was covered with cake

Now Bluetits they love to eat cake
But Brooke she could not partake
Nuts and seeds they are fine
Coconut shells? Devine!
But mums Bread and butter
Was unique no mistake

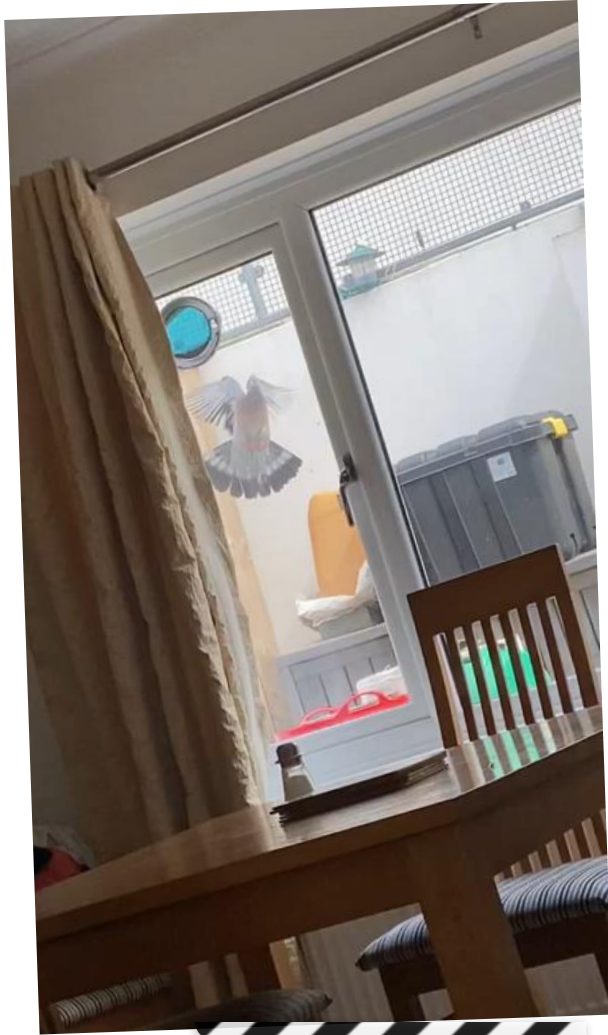
On the table in the middle of the lawn
Brooke found the food she'd enjoyed since she'd been born
Her wings they did flutter
At the sight of bread and butter
And her mum watched, and her heart was warm.



Conserve

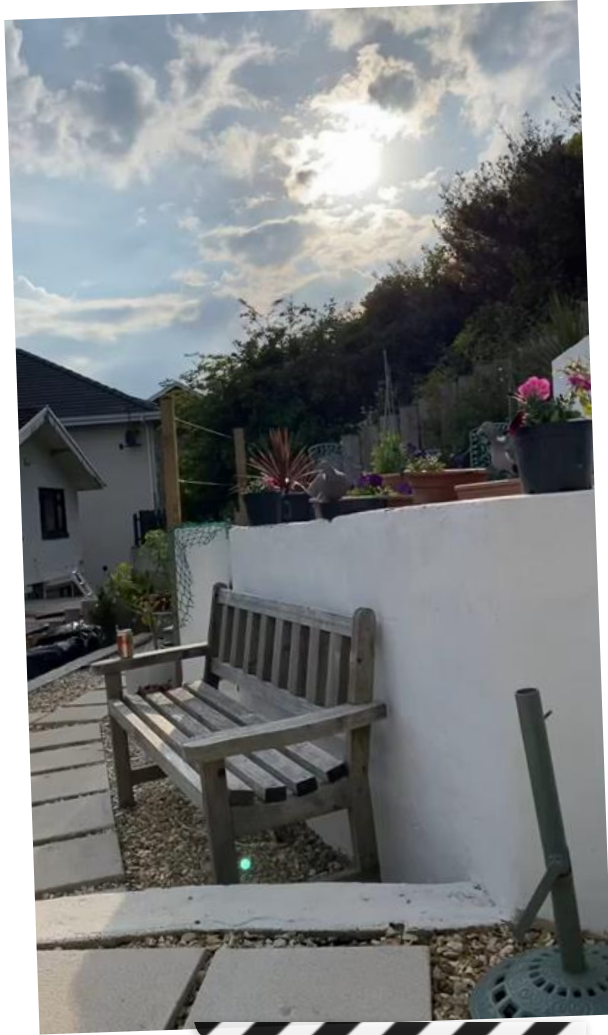
- By undertaking the John Muir award, it has made me realise how little time I spend in the outdoors. I should spend less time rushing around and more time admiring the beautiful scenery I have on my doorstep and the wildlife that comes with it. This in turn would be significantly beneficial for my own health and wellbeing. During this award, I have enjoyed spending more time in the outdoors and my father has been helping me make homemade bird boxes out of scrap wood we had lying around the garden, my family have started to love the outdoors even more since starting the renovations of our garden. Since creating the new bird boxes, we have had lots more birds coming to the garden. We have been scattering bird seeds on our patio and in the bird boxes so the birds have a safe place to eat and to keep warm in the hope we have a few more bird's nests this year from different types of birds.





***This is a video of a
pigeon eating out of
a mirrored bird
feeder that we had
put bird food in***





***This is a video of two
pigeons drinking
and bathing in a bird
bath we made out of
recycled plastics.***





**This is one of the bird
boxes my father and
I made.**



Reflection

- Upon reflection, Covid 19 has been an unexpected and weird experience, but it has inspired my family to return to nature and start to once more enjoy it. I believe I now have a greater appreciation for the little things and get a lot of satisfaction from supporting and encouraging conservation.

