



Regaining Paradise? Sustainability in the early years.

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Discover

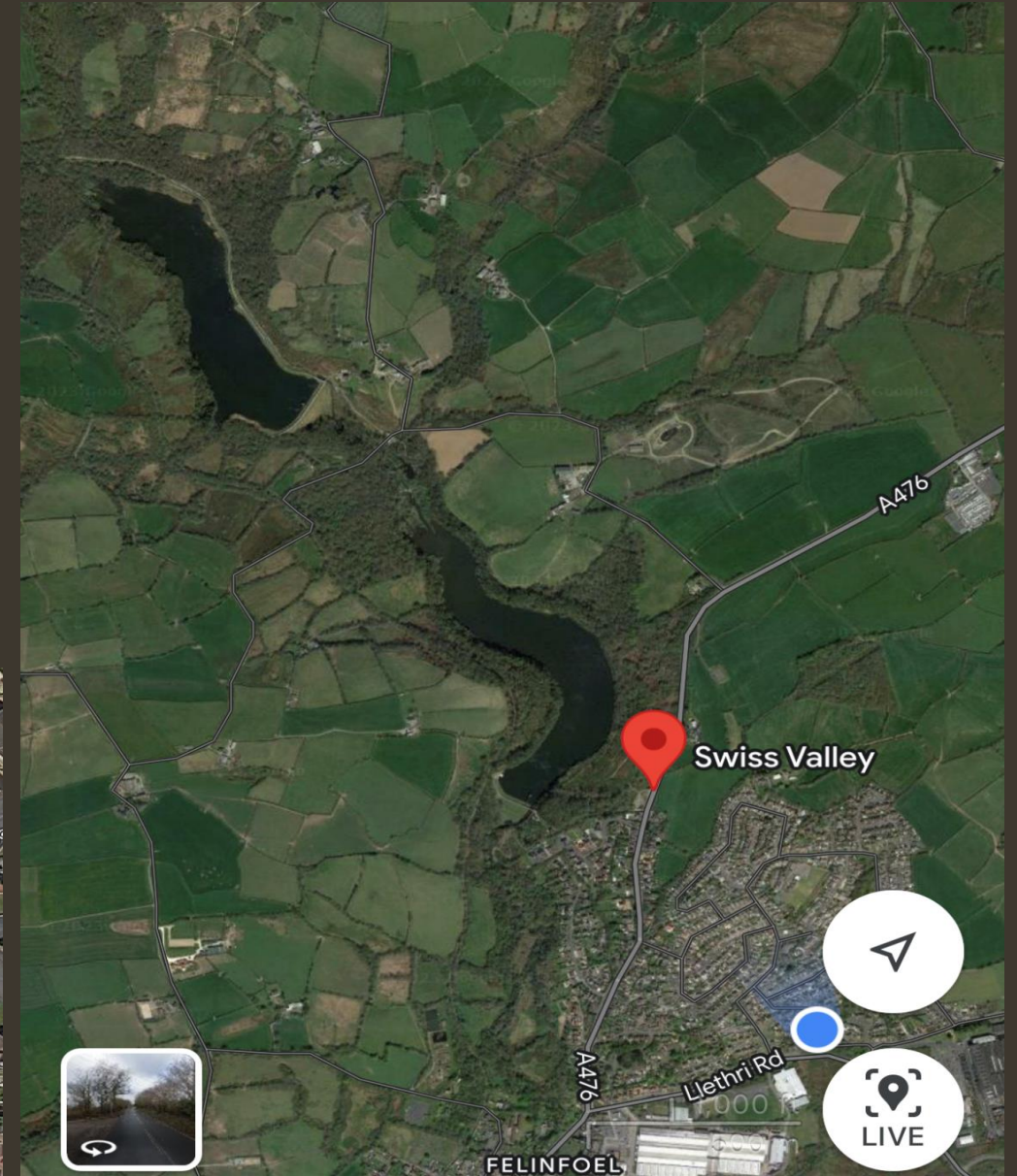
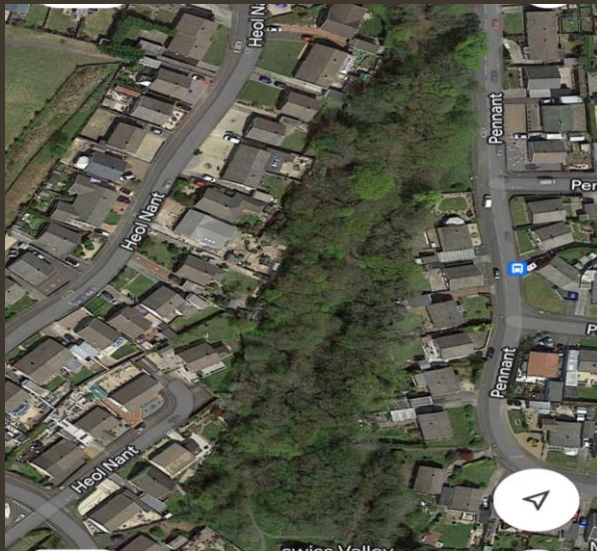
Growing up as a child I have always had nature on my doorstep. A short walk away from my family home is Swiss Valley reservoir and I would often go on walks to the reservoir with my family and would always look at the nature around. As a young girl the nature would fascinate me. I would love watching the birds flying or the squirrels running up the trees and along the path. I also enjoyed watching the ducks swim in the water and watching the little ripples in the water as the fish would swim by.

When I moved out of my family home I made sure that I found the time to go on family walks and ensure that we appreciated the nature that I always adored growing up.

After having my son realised how precious these walks were to my parents and often make time to take him on a walk up the reservoir for him to grow up and appreciate the world around us.

Discover the area

- *Fortunately, Swiss Valley has a range of nature around it. The reservoir is the biggest attraction to the area however there are also two ravines, a park and lots of fields which you can walk through.*



Explore



- *While walking through the reservoir I realised how calm and wonderful nature truly was. I could hear birds signing in the trees and hear the fish rippling in the water. The sun was shining and I came to the conclusion that being in nature is a safe space for everybody.*
- *The birds, fish and other animals live here peacefully and it is a great area for the wildlife to flourish.*

A Sunny Day

Walking along on a sunny day

*A perfect place for children to come out
and play*

Birds singing loudly

Fish swimming proudly

*The sound of footsteps as nature is
being explored*

Who doesn't love the great outdoors?

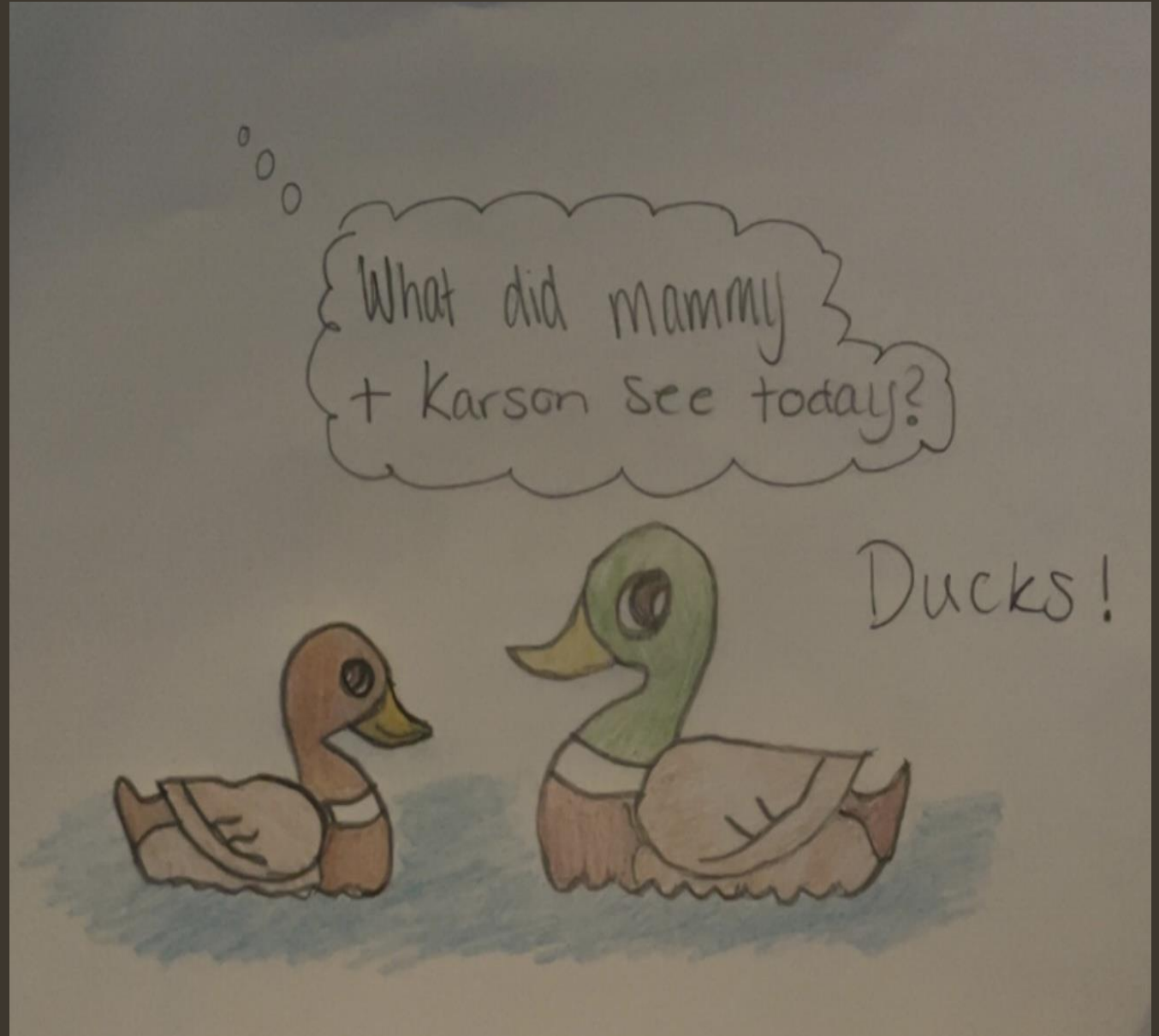


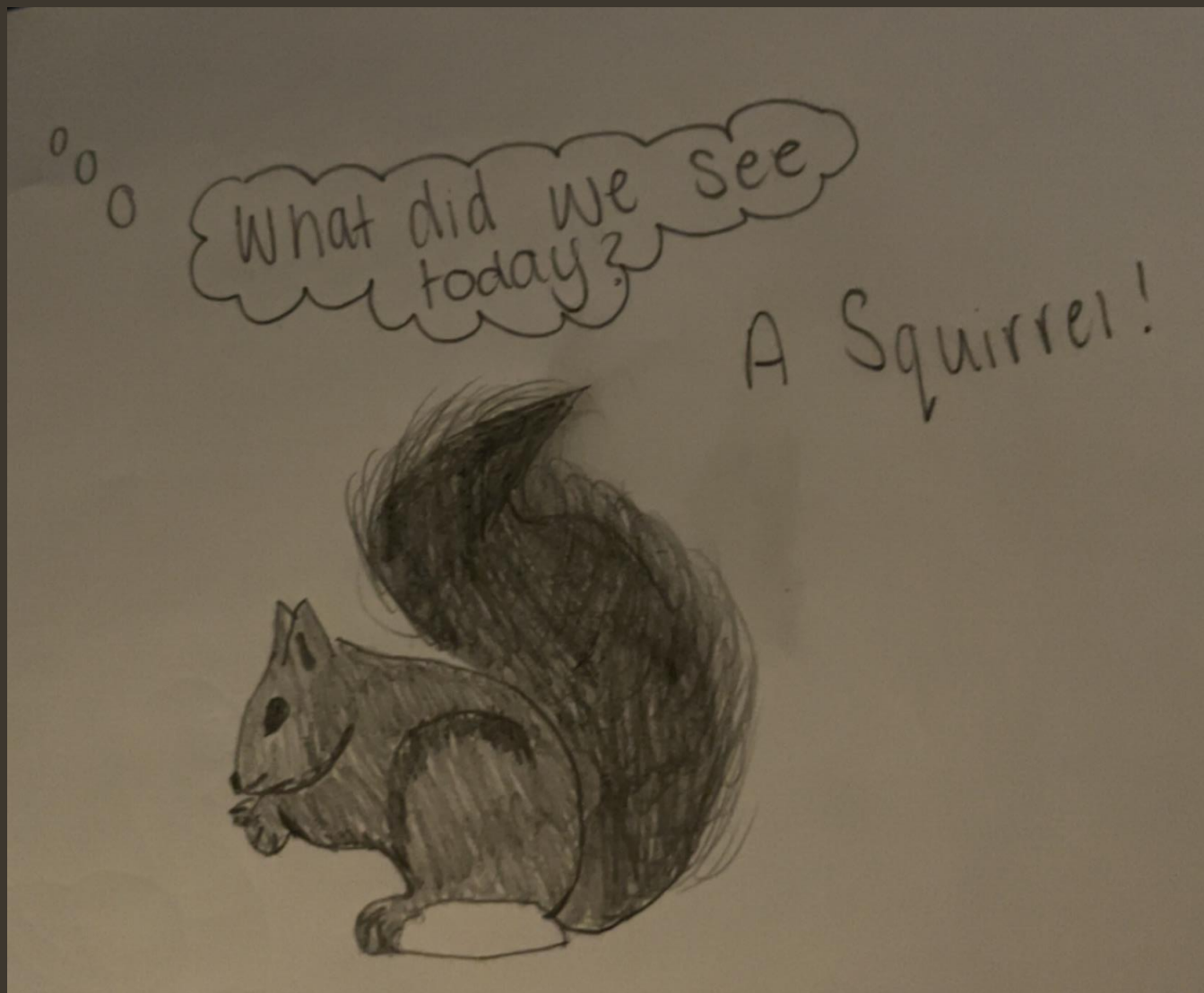
Some photographs I took on my walk



I saw a Duck!

When sitting by the water I saw some ducks paddling along the water. I sat with my son, Karson, and pointed them out. Only being 5 months old you could really see the curiosity in his face as to what these moving things in the water was. We then sang three little ducks as he likes to sing this song while playing with his toy ducks in the bath. Once we got home we drew a picture of some ducks to show his dad what we saw on our adventure.





Squirrels!

On our walk Karson and I saw squirrels running up trees and running along the path. Watching his face light up reminded me of when I was a little girl and would walk along the same path with my father and be truly mesmerised by the squirrels. I decided that a picture of a squirrel would also be great to add into our what we did today.



Rubbish!

Walking along I noticed a lot of litter in the bushes/tied to the trees. Thinking back I do not remember rubbish being thrown on the ground. Is this maybe because people had more respect for the world around them as we spent more time outdoors? It is a question I always ask myself.



Conserve

- *Luckily for me I always carry nappy sacks and hand sanitiser when I am out. This allowed me to pick up the rubbish that was easily accessible to pick up and discard of it in the bins when leaving the reservoir. I feel that it is important to take pride in our nature as it has been here a lot longer than us. I also want my son growing up appreciating nature in a nice, clean space. Not somewhere overflowing with litter.*



Reflection

- *To reflect back, I almost forgot how sentimental Swiss Valley reservoir was to me. It is a place where I have almost grown up in a sense. I have spent numerous school holidays up there running on the path, having picnics, doing silly dances with friends and spending quality time with my family there. Taking my own son and watching his face light up at the nature around him makes me realise how special nature is. It truly is beautiful. I want him to grow up to know how special nature is and appreciate it as much as I do, not ruin it by throwing rubbish onto the grounds.*