

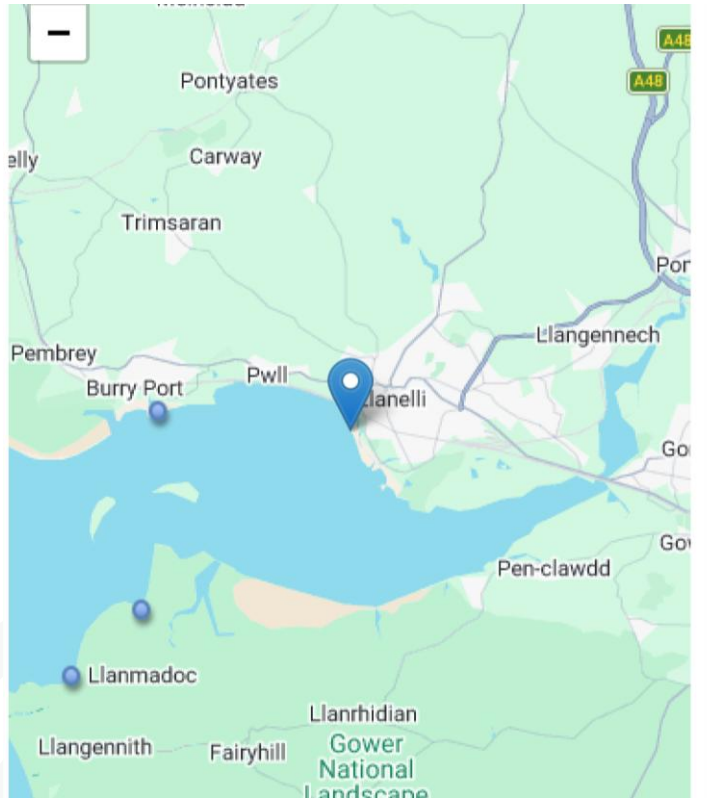


# REGAINING PARADISE- SUSTAINABILITY

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# Llanelli beach



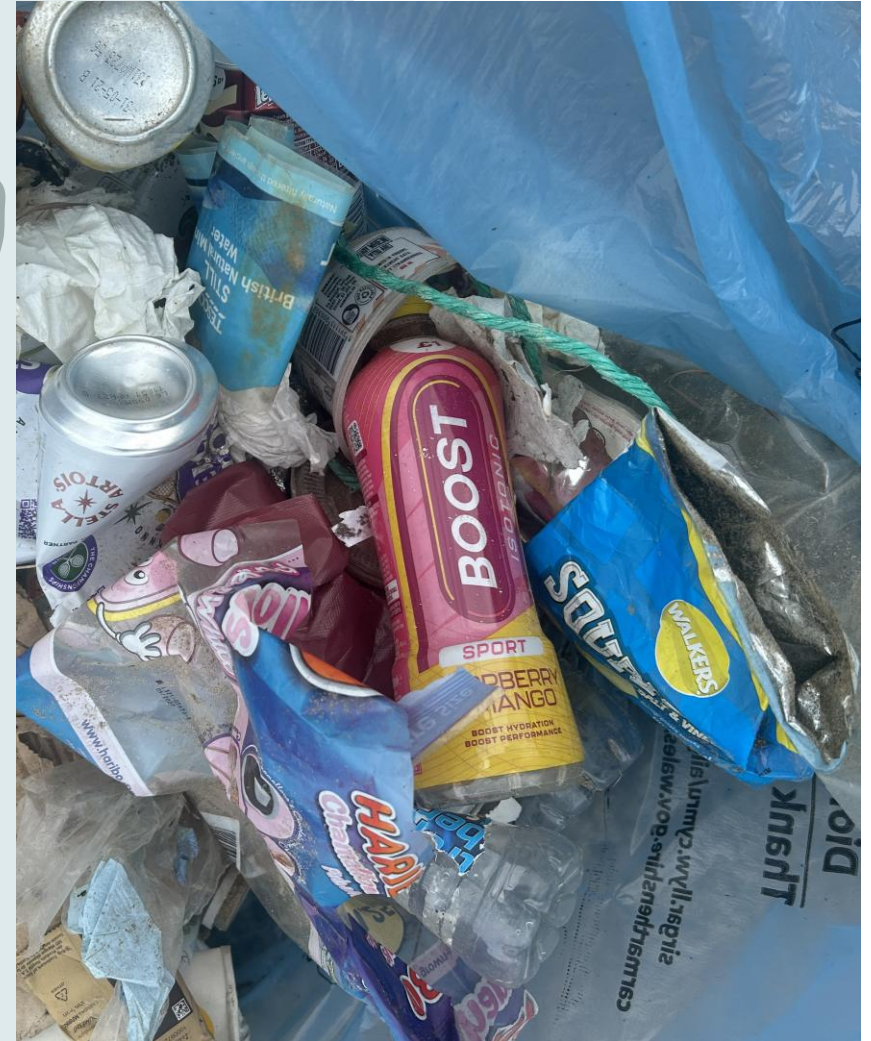
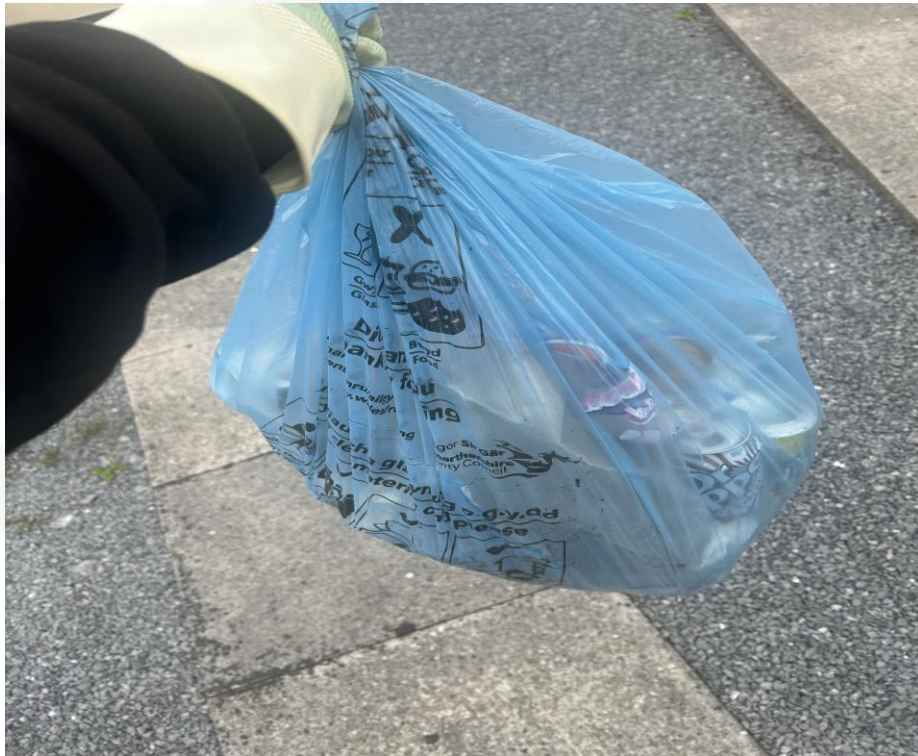
## Discover.....

For my John Muir Award, I decided to choose **Llanelli Beach** because it's somewhere I've always enjoyed visiting. I love being by the sea, and every time I go there it's different. Sometimes the tide is right out and you can walk much further, and other times the waves are close to the path. It always feels calm, and it's a nice place to get some fresh air.

Llanelli Beach is on the coast in Carmarthenshire and is part of the Millennium Coastal Park. I have included a map in my scrapbook to show where it is and the route I walked during my visits.

I also chose this beach because I wanted to do something that would actually help the environment. Sadly, I often noticed rubbish on the beach, so I thought litter picking would be a good way to give something back while spending time outdoors.

# RUBBISH I COLLECTED DOWN THE BEACH



# Explore....

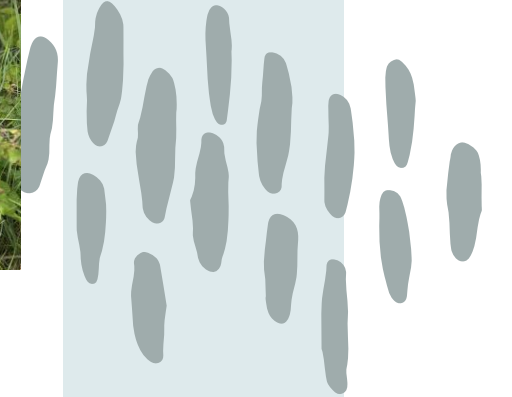


Over the few days, I spent time walking along the beach and really paying attention to what was around me. Normally I would just go for a walk, but this time I stopped to look at things properly.

I saw lots of different birds, including seagulls, swans and sparrows. I found loads of shells, different types of seaweed and even spotted a few small crabs near the rocks. I also noticed how much the beach changed depending on the tide and the weather. One day it was bright and sunny, and another day it was really windy, but both visits felt completely different.

Taking photos helped me remember everything I saw, and I enjoyed looking back at them afterwards. I was surprised by how much wildlife lives at the beach. Before doing this project, I never really thought about how important beaches are for birds and other animals.

# FLOWERS AND PLANTS I SAW DOWN THE BEACH



# Shells I saw down the Beach



# Conserve.....



- The main way I looked after my chosen place was by litter picking. During each visit I took a bag with me and collected any rubbish I found. I picked up plastic bottles, drinks cans, food wrappers, bottle tops and other bits of litter that had been left behind.
- It felt good knowing I was helping to keep the beach cleaner. Even though I couldn't remove every piece of rubbish, I knew that every little bit made a difference. It also made me realise how easily litter can end up in the sea and harm wildlife.
- Since doing this project, I've become much more aware of the amount of rubbish people leave behind. In future, I'll always take my own litter home and I'll definitely carry on doing little beach cleans whenever I visit.

# Rock pools



## Rockpool responsibly



Help look after our coastline by following the Seashore Code whenever you visit to explore rockpools. Follow these easy guidelines to help the plants and animals that live around our shores.

### Be curious

Use a bucket to look at sea creatures. Fill it with sea water first, handle animals gently and only put one animal in the bucket at a time.

### Be gentle

Watch your step to avoid trampling on animals. Don't prise seaweed, anemones, limpets or any other shellfish from their rocky homes. If they become unattached, they may not survive!

### Be cautious

Tread carefully on slippery or sharp rocks. Be mindful of the tide times so that you don't get stuck, and remember to take litter home.

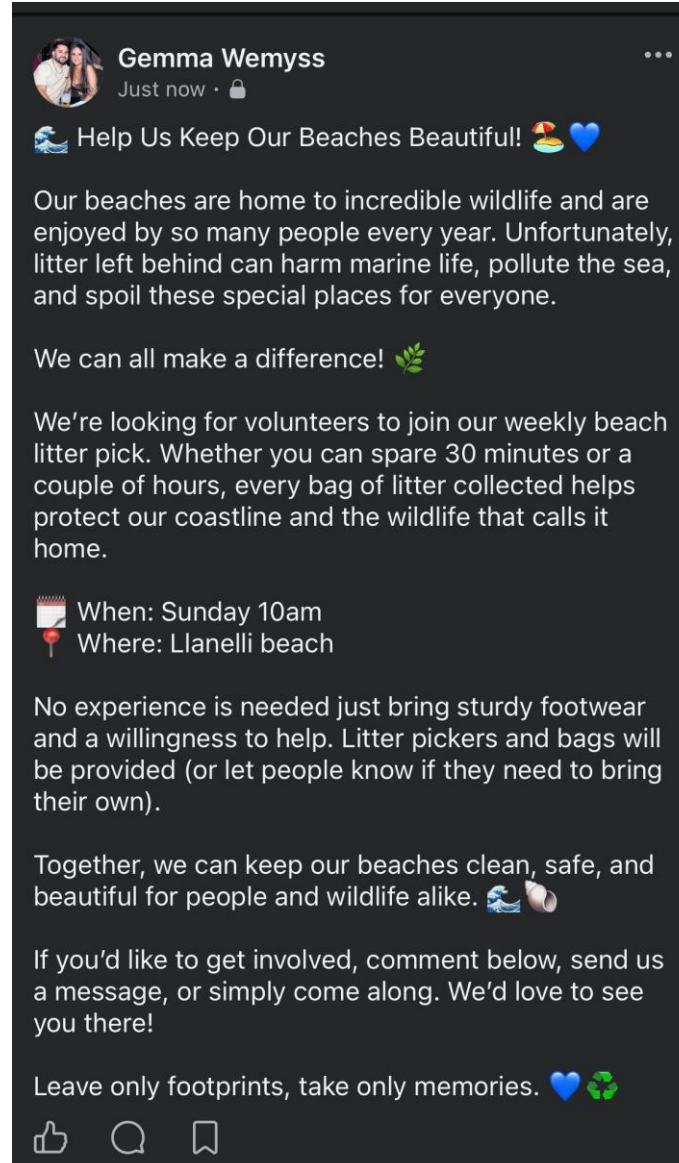
### Be respectful

Put animals back exactly where you found them, otherwise they may become territorial and fight, eat or injure each other! Carefully replace rocks to the same position once you've looked underneath to avoid leaving animals' homes upside down.

**All plants and animals must be returned to their rockpools.**

# Share....

I Have decided to try and organise weekly beach litter picks because I care about protecting our coastline, keeping beaches clean and helping wildlife. Every small effort makes a big difference.



# Other wildlife I saw.....



Seagull



Bumblebee



Crab



Jellyfish



Ladybird



Snails

## My Reflection

I really enjoyed completing my John Muir Award because it gave me a reason to spend more time outside and appreciate nature. My favourite part was litter picking because I could actually see the difference I was making. It wasn't just about collecting rubbish, it was about helping to protect the beach for wildlife and for everyone who visits.

This experience has made me appreciate Llanelli Beach even more. I will definitely keep visiting, and I'll continue to pick up litter whenever I can because I've realised that even small actions can make a big difference.



# My poem about the sea



## I see the sea

Looking out to sea it goes on for miles and miles, The blanket of blue with a change of tides,

sometimes it's close, sometimes its near, and looks different throughout the year.

It covers the land, And when the tide is in it covers the sand.

Stones and shells will be revealed, With plants and sea creatures, keep your eyes peeled.

From crabs and crustations and small sea snails, The magic around will never fail.

miniature rockpools full of life and mystery, creatures discovered throughout history.

It's the earths life's support by regulating global climate, The crashing waves are loud, but somehow quiet.

It covers 70% of the planets surface, And provides around half of the earth's oxygen, it has a big purpose.

So, take care of our oceans and recycle your empties ,Plastic pollution will be with us for centuries!

Protect the oceans for you and me, I see the sea.

# DAVID ATTENBOROUGH

Sir David Attenborough is a British broadcaster, naturalist and conservationist who has spent over 70 years teaching people about wildlife and the natural world. He is best known for presenting documentaries such as *Planet Earth*, *The Blue Planet* and *Our Planet*. Through these programmes, he has shown the beauty of nature while also raising awareness of the dangers facing wildlife, including pollution, climate change and habitat loss.

David Attenborough is important because he has inspired millions of people to care more about the environment. His documentaries have helped people understand how human actions affect animals and their habitats. One of his biggest messages is that everyone can make a difference by protecting nature and making more sustainable choices.

I think David Attenborough's work links well to my John Muir Award because I have been exploring and looking after Llanelli Beach. By litter picking, I am helping to protect birds and marine life from harmful rubbish and plastic pollution. Although my contribution is much smaller, it shows that simple actions can have a positive impact. David Attenborough has taught people that looking after nature is everyone's responsibility, and my project has helped me realise how important it is to care for the environment so future generations can enjoy it too.

