



**John Muir** Family Award - with families spending extra time together getting outdoors is a great way for us all to let off steam and get some fresh air. The John Muir Family Award can safely be completed in your own garden or local green space (as per Government advice).

It's an environmental award scheme focussed on wild places. It supports families to connect with, enjoy and care for nature, landscapes and the natural environment – wild places. There is no charge for achieving the Award which is self-led, can be educational and fun. The Discovery Award has a minimum time commitment of 4 days (or 25+ hours equivalent) and can be achieved over a week or a few months, there is no time limit.

#### **Four Challenges**

**Discover** – spend time in the outdoors, this can be your garden, local greenspace, your wild place.

**Explore** – get to know your wild place or places. What lives, grows there, experience different times of the day or night. Embrace fun. Find out about and follow in the footsteps of John Muir the Scot who changed the world.

**Conserve** – how will you care for your wild place, what can you do for nature? Examples could be making bird feeders, planting wildflowers or clearing and recycling litter. Making it better for others and nature.

**Share** – how will you let others know what you are doing to achieve your Award? Perhaps a virtual guided tour to friends and family, create a film, take photos or even write about your experiences.

#### **How do I get started?**

- Find out more via our introductory film (10 mins) [www.johnmuiraward.org](http://www.johnmuiraward.org)
- Complete the proposal form <https://www.johnmuirtrust.org/john-muir-award/key-documents/downloads> and e mail to [eastayrshire@johnmuiraward.org](mailto:eastayrshire@johnmuiraward.org) it is usual to do this 2 weeks before starting but with so much going on I will respond as soon as I can to let you get started. Please note Awards cannot be done retrospectively.
- Get started, get outside (as per Government advice) and get active!
- As you near completion review using a 4 Challenge Review with your family and submit a certificate request form to [eastayrshire@johnmuiraward.org](mailto:eastayrshire@johnmuiraward.org) Please give us at least 2 weeks' notice to prepare and send your certificates.
- Celebrate (cake is advisable but optional!)

More information on the Family Award <https://www.johnmuirtrust.org/john-muir-award/get-involved/family-support>

The Education Scotland National Improvement Hub has recently published a Family Award case study from East Ayrshire - <https://education.gov.scot/improvement/practice-exemplars/engaging-parents-and-families-through-john-muir-award-east-ayrshire>



