

NO SWEAT NATURE STUDY

LIVE CLASSES FOR KIDS



2022-23 Schedule & Perks

Live Lessons

Two per month

Two 40-60-minute classes per month that include interactive, nature-based science lessons appropriate for children in 1st-8th grades.



Printable Packets

Preview, Review, or Extend the Lessons

Every live lesson includes an optional printable packet that gives a brief overview of the topic, a list of pertinent science vocabulary, at least one image of the topic for nature journaling, and a few fun and educational follow-up activities.



Plus

- 24/7 access to the complete library of recorded No Sweat Nature Study LIVE Lessons
- A go-along podcast episode to introduce the topic prior to each lesson
- 25% off all Our Journey Westward purchases for the duration of your membership

**Members receive a FREE curriculum download
from the Our Journey Westward Shop each month, too!**

2022-23 Monthly Class Topics

Live classes meet the 1st & 3rd Tuesday of each month at 2pm EST. All classes are recorded and placed in a video library for you to access at any time, so there's never a worry if you can't attend a live class. (*This class will be on Wednesday, July 5th instead of Tuesday July 4th)

August

2nd Berries & 16th Whales and Dolphins

February

7th Wild Cats & 21st Sandstone

September

6th Shapes in Nature & 20th Gregor Mendel

March

7th Vernal Pools & 21st Salamanders

October

4th The Harvest Moon & 18th Weird Plants

April

4th Thunderstorms & 18th Strawberries

November

1st Mice & 15th Root Vegetables

May

2nd What's That Smell? & 16th Bees

December

6th Snowflakes & 20th Christmas Spices

June

6th Garden Pests & 20th Brambles

January

3rd Wild Dogs & 17th Planets

July

5th Seashore Animals* & 18th Seashore Plants

Testimonials



"We have enjoyed Cindy's classes for a while now and always learn something new. My two boys are loving the nature studies! They are excited to get outside to discover things after every class, too!"

Jen, mom of 2

"The nature studies we've done with Cindy have not only been very informative, but fun as well. I love how easy it is for my children to add to their nature journals!"

Angela, mom of 6