# SCHEDULING IDEAS for NO SWEAT A NATURE STUDY IVE CLASSES FOR KIDS

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## How Do I Fit No Sweat Nature Study into the Schedule?

How many days per week you should teach science very much depends on several factors including your homeschooling style, the ages of your children, and the short-term and long-term goals for your homeschool.

In other words, it can be typical to find families teaching science anywhere from 1-5 days per week. Some families, in fact, might skip science for an entire semester while taking a deep dive into history topics. The next semester, those same families will put history aside and take a deep dive into science topics.

Each family is unique in how they teach science, too. From those who like textbooks to the ones who prefer unit studies and everyone in between, it's hard to count how many methods there are.

Because of all the wonderful variations from homeschool to homeschool, it's hard to pin down an exact method for using the resources in No Sweat Nature Study. Never fear, though! Rather than leave you to fend for yourself, I've created several potential options for scheduling the classes and using the resources fully. Read on to see the possibilities.

Remember Two Key Points

#### Nature Study IS Science

You can be assured that your time spent using No Sweat Nature Study resources is worthwhile. It can all be "counted" as science!

In fact, oftentimes, it can be counted as more than science. For instance, when you add one of the suggested kid-friendly research projects, that can easily double as language arts.

#### The Materials are Written with 1st-8th Graders in Mind

Some families choose to include younger and older children, which is fine, but the content is specifically geared toward 1<sup>st</sup>-8<sup>th</sup> graders.

Just as I allow for individual abilities in the video classes, realize that you may need to adjust expectations for the work depending on abilities. Sometimes, you may even need to make suggestions to make an assignment a little easier or a little harder. Luckily, that's pretty easy to do with the broad options available to you.



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## Science Through the Lens of Nature Study

Nature study topics are the vehicle to teach in-depth science in No Sweat Nature Study. With this in mind, you can expect that biology and earth & space science are the main disciplines covered. Many of the topics easily reach into other sciences and academic subjects, though!

No Sweat Nature Study has the potential to be used in many ways.

- It can be used as THE science curriculum.
- It can be used as part of your overall science plan.
  - You can use it as a supplement to correlate with things you're already learning.
  - You can use it in addition to something you're already learning. In this case, it may or may not correlate with the other things you're learning.
- It can be used a part of a unit study.
  - Several topics can be strung together to make up the bulk of a unit study.
  - Topics can be handpicked to go along with a broader unit study
- It can be used to support interest-based or rabbit trail learning.

Each of the schedules below focuses on using the No Sweat Nature Study resources in these ways. In many cases, you'll find several potential scheduling options. Use what works best with your homeschooling style, the flow of your homeschool, your ultimate goals, and the ages & abilities of your children.



# Using No Sweat Nature Study as THE Science Curriculum

You can use No Sweat Nature Study as your main science curriculum. Remember, it covers the biology topics of plants & animals as well as earth & space science. You will need to use other curriculum for human anatomy, chemistry, and physical science.

When using No Sweat Nature Study as THE curriculum, you might choose to on one theme per month, per semester, or per year. An example of a theme is "ponds". There are several classes located in the member dashboard that relate to ponds, for instance. Most of the printable supplementary packets include lists of correlating classes for you to consider.

A themed study could be much broader, like "animals", for instance. In the member video library, you will find clickable lists of classes organized into the broad topics of plants, animals, and earth & space science.

Additionally, you could skip working on a theme and randomly choose classes.

Below you will find several potential scheduling options to use the No Sweat Nature Study video classes and resources as your only science curriculum. Consider doing all the suggested activities each day for older students.

5 days/week

Monday	Tuesday	Wednesday	Thursday	Friday
Listen to the podcast episode and/or read a book from the booklist.	Watch and participate in a video lesson.	Review the science vocabulary and/or read a book from the booklist.	Take the suggested creative nature walk.	Complete one of the kid-friendly research projects.

# 4 days/week

Day 1	Day 2	Day 3	Day 4
Listen to the podcast episode and/or read a book from the booklist.	Watch and participate in a video lesson.	Take the suggested creative nature walk. Consider reviewing the science vocabulary and/or reading a book from the booklist.	Complete one of the kid- friendly research projects.



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3 days/week

Day 1	Day 2	Day 3	
Listen to the podcast episode and/or read a book from the booklist.	Watch and participate in a video lesson.	Take the suggested creative nature walk or complete one of the kid- friendly research projects.	

2 days/week

Day 1	Day 2
Listen to the podcast episode and/or read a book from the booklist.	Take the suggested creative nature walk or complete one of the kid-friendly research projects.

\*Podcast episodes aren't available for classes prior to October 2022. The same content is always available in the printable supplementary packet under the "About" section.

# Using No Sweat Nature Study as a Science Supplement Once Per Week

It's easy to use No Sweat Nature Study as a supplement to other science resources. In fact, I highly suggest continuing regular nature study even when you're focused on other topics like chemistry or physical science. Why? Nature study has the unique ability to reach into all subjects and provide real-life connections. This helps build understanding that sticks across the curriculum.

#### Option 1

Simply participate in the LIVE classes twice a month. Don't worry whether they go along with other science curriculum you may be using.

#### Option 2

Participate in the LIVE classes during the 1<sup>st</sup> and 3<sup>rd</sup> weeks of the month and choose prerecorded classes during the 2<sup>nd</sup>, 4<sup>th</sup>, and occasional 5<sup>th</sup> weeks of the month. On the prerecorded weeks, feel free to make learning connections to other science curriculum or studies you're currently doing or not.

#### Option 3

View prerecorded classes once per week (or more) to suit your needs. Feel free to make learning connections to other science curriculum or studies you're currently doing or not.

\*In any of these instances, you will have additional resources at your disposal when and if you need them. The supplementary packet for most classes includes booklists, field guide suggestions, kid-friendly research projects, vocabulary lists, and nature walk challenges.



# **Using No Sweat Nature Study and Unit Studies**

## Using No Sweat Nature Study AS the Unit Study

It's easy to choose a unit study theme and find plenty of related topics in the video library. In fact, most of the class supplementary packets include suggestions for complementary classes.

For example: If you want to complete a bird-themed unit study, you can use any (or all) of the following classes located in the video library.

- bird eggs
- bird nests
- birdsongs
- birds of prey
- hawks
- owls
- predators & prey
- birds in winter

The resources in the supplementary packets can help you find related literature, choose hands-on projects and kid-friendly research projects to flesh out your unit study.

The potential schedules are the same as if you're using the curriculum as THE science curriculum.

# 5 days/week

Monday	Tuesday	Wednesday	Thursday	Friday
Listen to the podcast episode and/or read a book from the booklist.	Watch and participate in a video lesson.	Review the science vocabulary and/or read a book from the booklist.	Take the suggested creative nature walk.	Complete one of the kid-friendly research projects.

# 4 days/week

Day 1	Day 2	Day 3	Day 4
Listen to the podcast episode and/or read a book from the booklist.	Watch and participate in a video lesson.	Take the suggested creative nature walk. Consider reviewing the science vocabulary and/or reading a book from the booklist.	Complete one of the kid- friendly research projects.



3 days/week

Day 1	Day 2	Day 3
Listen to the podcast episode and/or read a book from the booklist.	Watch and participate in a video lesson.	Take the suggested creative nature walk or complete one of the kid- friendly research projects.

2 days/week

Day 1	Day 2
Listen to the podcast episode and/or read a book from the booklist.	Take the suggested creative nature walk or complete one of the kid-friendly research projects.

\*Podcast episodes aren't available for classes prior to October 2022. The same content is always available in the printable supplementary packet under the "About" section.

### Using No Sweat Nature Study to Complement a Unit Study

No matter your unit study topic, there are plenty of video classes that can be used to help you make science connections.

The ideas are endless, but here is an example:

If you want to complete a winter-themed unit study, you can use any (or all) of the following classes located in the video library.

- snowflakes
- the tundra
- hibernation
- birds in winter
- polar bears
- reindeer

- foxes
- winter working animals
- animal tracks
- evergreens
- the winter night sky

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You can pick and choose classes that fit the goals of your unit study and use them in whatever interval (daily, weekly, etc.) you like.

Offering potential schedules is difficult, because you may be using multiple video classes to support your unit study or just a few. Your unit study may last one week or several. You may need a simple video class or you may want to use resources in the supplementary packets to help flesh out your lesson plans.

Below are two potential options to help you see the possibilities, but don't get stuck in these schedules. Let your particular unit study guide your decision-making.



# Fitting No Sweat Nature Study into a One-Week Unit Study About Color Theory

Monday	Tuesday	Wednesday	Thursday	Friday
Introduce the topic by reading a book or two. Then complete one art project about one aspect of color theory.	Watch a YouTube video to introduce another aspect of color theory. Then complete an art project about that aspect.	Learn the biography of an artist who uses another aspect of color theory. Create art inspired by the artist.	Watch and participate in the Colors in Nature No Sweat Nature Study video class.	Take a nature walk to observe colors in nature, talking specifically about the color theory aspects you've learned.

# Fitting No Sweat Nature Study into a One-Month Unit Study About Pioneers

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Read books about pioneers.	Do a hands-on project about pioneers.	Watch a documentary about pioneers.	Watch and participate in the Appleseed Adventure No Sweat Nature Study video class.	Take a field trip to a pioneer-related destination.
Week 2	Read books about pioneers.	Do a hands-on project about pioneers.	Start a kid- friendly research project about pioneers.	Finish the kid- friendly research project about pioneers.	Watch and participate in the Ox-Cart Man No Sweat Nature Study video class.
Week 3	Plan a pioneer party.	Prepare the pioneer party and watch a fictional pioneer movie.	Read books about pioneers.	Watch and participate in the John James Audubon No Sweat Nature Study video class.	Take a nature walk imagining yourself as a pioneer.
Week 4	Read books about pioneers.	Start a kid- friendly research project about pioneers.	Finish the kid- friendly research project about pioneers.	Watch and participate in any No Sweat Nature Study video class about a plant, animal, or landform you've run across in your studies.	Take a field trip to a pioneer-related destination.



# Using No Sweat Nature Study for Interest-Based Learning

Some families use interest-based learning as their main mode of exploring topics. Other families enjoy taking interest-led "rabbit trails" when a topic is especially captivating. No Sweat Nature Study classes can be helpful either way.

#### Interest-Based Learning

Because interest-based learning rarely follows a prescribed schedule, I will encourage you to simply pick and choose classes from the video library that can support the learning.

#### **Rabbit-Trail Learning**

The No Sweat Nature Study video classes can naturally lead to rabbit trail learning, too. In that case, you will often find complementary classes in the video library. In many of the printable class supplementary packets, you'll find a list of complementary classes, as well as plenty of additional resources and activity suggestions to keep you traveling down the trail of learning.

#### How You Might Follow a Rabbit Trail Through No Sweat Nature Study Video Classes

Let's say you start out with the class about vines. That prompts you to learn specifically about squashes and gourds. You remember a time that you tried to grow zucchini squashes that were damaged by vine borers, so you enjoy the video class about garden pests. As you learn about garden pests, you're reminded that worms that live in the soil are actually very helpful to gardens, so you watch the class about worms. Finally, that leads to enjoying the class about soil.

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