

# Course Catalog



## Iowa

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### Math

#### Calvert Grade 1 Math

Students will extend their knowledge of addition and subtraction to two-digit numbers. They will also explore measurement, charts, graphs, time, money, and solid shapes. Students will demonstrate concepts learned through fun, project-based activities such as creating a 3D cake design.

*Course content subject to change.*

#### Calvert Grade 2 Math

In Math 2, students will continue developing a strong number sense as well as mental math and problem-solving skills using research-based methods. Students will also focus on three-digit numbers, addition and subtraction to 1000, data collection, money, time, and shapes. Engaging, project-based units promote critical-thinking skills and include activities such as designing a sneaker and organizing a fundraising event.

#### Calvert Grade 3 Math

In Math 3, students will focus on developing understanding of multiplication and division and strategies for multiplication and division within 100; developing their understanding of fractions, especially unit fractions; learning about the structure of rectangular arrays and of area; and describing and analyzing two-dimensional shapes. Lessons employ digital resources that engage students and promote active learning, such as a digital place-value chart used with base-10 blocks to model addition and subtraction and a virtual beam balance to practice mental math and estimation.

#### Calvert Grade 4 Math

Math 4 dives deeper into addition, subtraction, multiplication, and division of whole numbers; fractions; data and graphing; measuring angles and symmetry; and calculating perimeter and area of squares and rectangles. In this project-based course, students will have the opportunity apply the skills they have learned in activities such as building a travel itinerary, preparing a budget for a trip, and using geometry to design a dream neighborhood.

#### Calvert Grade 5 Math

Math provides additional experience with basic mathematical operations. Students are introduced to multiplying two-digit numbers by two-digit numbers; practicing long division with and without remainders; adding, subtracting, and multiplying unlike fractions and mixed numbers; and working with decimals. Students will also practice graphing on a coordinate plane and calculating the volume of solid figures. Project-based units facilitate real-world connections and bring context to the skills and concepts students are learning.

#### Calvert Kindergarten Math

Kindergarten Math focuses on the basics of counting to 100, simple addition, subtraction, measuring, and shapes. Students will engage in projects that utilize learning in useful ways, such as creating a number book and measuring and weighing an item to ship to a family in need. Students will practice skills in both offline and engaging online activities and in game-based practice.

### English Language Arts

#### Calvert Grade 1 English Language Arts

This course continues to build on and add to the foundational skills students learned in kindergarten through daily learning. Over the course of the year, students will develop a fuller range of phonics, comprehension, vocabulary, spelling, and fluency skills. Students will think critically about authentic texts and begin to practice writing to communicate their thoughts. During the course, students will practice narrative, informational, and persuasive writing. Project-based activities include writing a narrative about their favorite day and creating a persuasive poster about their favorite treat.

#### Calvert Grade 2 English Language Arts

In this course, students will increase the complexity of foundational phonics, high-frequency words, sentence creation, and other daily activities. Reading, writing, speaking, and listening skills are intertwined so that students learn them organically and with purpose. Students will read a variety of trade books, shorter texts, excerpts, articles, and leveled readers across genres to keep engagement high and learning fresh. Through reading and writing, students explore character analysis, story structure, biographies, and interpretation of informational texts. Projects include exploring pioneer life through narrative, informational, and persuasive writing.

#### Calvert Grade 3 English Language Arts

Students in ELA will apply critical thinking skills in their reading and learn the skills to become independent readers and writers. In this course, students will complete the foundations of reading independently and take more ownership of their learning. Students will read multiple genres of both literary and informational texts and use these texts as models for their own writing. The course emphasizes close reading opportunities that focus on the development of complex topics such as the organizational structure of text, nuance in word meanings, and the development of an argument. Projects include creating an informational brochure about unique places on the planet.

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## Calvert Grade 4 English Language Arts

In ELA, students will develop reading and writing skill with a growing focus on nonfiction and opinion writing. Exploring topics like natural disasters and currencies, students will increase their autonomy as readers and sharpen claims supported by evidence. Students will learn how to conduct research, integrate information, make connections across sources, and organize information. Later, they will demonstrate their understanding and skills through project-based activities such as creating an investigative journalism report for a television news segment.

## Calvert Grade 5 English Language Arts

In ELA, students will prepare for the rigor of middle school curriculum by studying complex sentence structure and reading challenging nonfiction. Structured novel study prepares students for middle school, as does the examination of multiple types of texts and writing. Students will read both fiction and nonfiction texts, and are able to write opinion pieces with strong evidential support. Student choice is at the heart of all projects, and students will write their own sci-fi narrative and choose a topic for an opinion piece on issues that impact their community.

## Calvert Kindergarten English Language Arts

Kindergarten ELA begins to develop students' reading skills through daily phonemic awareness, phonics, print concepts, and decoding work. Students will learn how to identify characters, settings, and major events in a story, all contextualized in authentic texts. Projects include writing about communities and finding patterns in the real world. Students will be given multiple opportunities to practice their foundational skills when thinking and communicating about texts.

## Social Studies

### Calvert Grade 1 Social Studies

Social Studies introduces concepts in economics and good citizenship. Students will be introduced to simple geographic models, such as maps, globes, and graphs, to identify cultural and environmental characteristics of places. They will learn about the many uses of maps by making a "Personal Atlas to My Life." History comes alive with read-aloud narratives about well-known explorers, political figures, inventors, and leaders in American life.

### Calvert Grade 2 Social Studies

Students study the early history of the United States, its geography, and the cultures that inhabited it from the Native Americans to the colonists through video, timelines, and interactive maps and images. Students will also learn about U.S. government, economics, and trade concepts. They will demonstrate knowledge through project-based activities such as creating a travel guide of their favorite places and making a plan to earn and save money.

### Calvert Grade 3 Social Studies

Students in grade 3 Science are encouraged to think critically about their observations and explore multiple answers to problems. Students strengthen their writing skills through detailed reporting, logical reasoning, managing data in tables, and graphical drawings. Students conduct sophisticated research using variables, technology, engineering, and fair test practices. While exploring force and motion, cause and affect relationships, the life cycles of living organisms, and weather patterns, students will make claims about the merit of solutions by citing relevant evidence that meet specific criteria. Students also begin learning how limited resources and materials put constraints on problem-solving.

### Calvert Grade 4 Social Studies

Students will focus on the geography and history of early North America from the Age of Exploration and colonial America to the American Revolution, and westward expansion up until the Civil War. Lessons employ the use of various historical thinking and close reading skills to investigate multiple sources of information, including primary sources to consider historical events from different perspectives of people at the time. Students will examine how the geographic location and environment of their state have influenced the state's economic, cultural, and civic heritage through project-based learning opportunities.

### Calvert Grade 5 Social Studies

In Social Studies, students will learn about the growth of the United States after the Civil War—through World War I, World War II, the Cold War, and into the modern era. Students will employ historical thinking skills and activities to investigate and analyze historic events, social and political changes, and economic changes, connecting the events of the past to their world today, including how their state contributed to major revolutions in thought, such as the Civil Rights Movement.

### Calvert Kindergarten Social Studies

This course introduces kindergarten students to America's historical figures, symbols, and holidays. In project-based units, students will explore globes and maps by making their very own treasure maps. Students will also explore the concept of jobs and money by writing a résumé that highlights their special talents.

## Science

# Course Catalog



## Calvert Grade 1 Science

In Science 1, students will make observations about light, sound, matter, plants, animals, and the sky to thoroughly think about problems and ask questions. Students will discover and explore patterns to understand the relationships between objects, animals, and the environment. Students will work individually and collaboratively to compare and test designs to develop solutions. Students will also plan and conduct investigations to produce data as evidence and use a variety of devices to communicate results.

## Calvert Grade 2 Science

Students in grade 2 will use project-based learning to observe and construct evidence-based accounts of natural phenomena. Students will conduct virtual labs to observe properties, gather information, analyze data, test tools, and construct evidentiary arguments. Students will obtain information from various sources and compare findings to develop solutions. In Science 2, students will explore the various states and properties of matter and the impact of heating and cooling molecules. Students will also discover the impact of living things and the elements on the environment and use engineering principals to design tools to solve real-world concerns.

## Calvert Grade 3 Science

Virtual labs provide an opportunity for students to practice gathering evidence and defending their claims. The Grade 3 curriculum weaves S.T.E.M. skills into lessons to spark a child's curiosity about these fields. Students learn about plant and animal reproduction, inheritance, and life cycles by devising a plan to save the bee population.

## Calvert Grade 4 Science

In this course, students will use models to test interactions as they learn, understand, and test scientific theories. Through the study of natural earth processes, the transfer of energy, and the impact of weather on living things, students will use measurements to investigate and predict reasonable outcomes based on their observation of patterns and lab results. Students will test multiple outcomes to solutions and construct arguments supported with evidence, models, and organized data. Students will continue to learn the importance of communicating ideas through collaborative projects.

## Calvert Grade 5 Science

In this course, students will gain a deeper understanding of the transformation of energy and its impact on the environment and living things. Through advanced labs and interactive activities students will discover gravity, systems in space, matter cycles, and the impact humans have on the environment. Students will understand major earth systems and conduct investigations to learn the relationship between living organisms and energy. Students will quantify their solutions and measure and graph certified results. Students will further discover ways communities use scientific ideas to protect the planet's resources and the environment.

## Calvert Kindergarten Science

Students will learn introductory concepts of physical science, life science, and earth science. Students will begin to investigate their world and develop questions based on their observations. They will employ ST.E.M. skills through virtual labs, interactive activities, collaborations, simulations, and project-based activities. Kindergarten students will learn to ask and answer scientific questions about natural patterns, living things, and the impact they have in relationship to each other and their environment. Using the scientific method, students will define simple problems, analyze data, design sketches and models, and use evidence to construct arguments and communicate solutions.

## Health & Fitness

### Calvert Grade 1 Health

Calvert Health for Grade 1 helps young learners establish a basic understanding of the aspects of health. Students focus on the various aspects of their health and how they can make healthy choices. Topics of study include personal safety, healthy behaviors, nutrition, communication, disease prevention, basic anatomy and physiology, and values of cooperation and teamwork.

### Calvert Grade 1 Physical Education

Calvert Physical Education for Grade 1 helps young learners establish a basic understanding of health and fitness. Students focus on health-related fitness and learn how to become more fit and healthy. Topics of study include exercise safety, making healthy choices, nutrition, the benefits, components and principles of fitness, basic anatomy and physiology, and values of cooperation and teamwork. In addition, students learn age-appropriate motor, non-locomotor, and manipulative skills. Student s are required to participate in regular physical activity.

### Calvert Grade 2 Health

Calvert Health for Grade 2 helps young learners establish a basic understanding of the aspects of health. Students focus on the various aspects of their health and how they can make healthy choices. Topics of study include personal safety, healthy behaviors, nutrition, disease prevention, conflict resolution, basic anatomy and physiology, and the values of respect and cooperation.

### Calvert Grade 2 Physical Education

Calvert Physical Education for Grade 2 helps young learners establish a basic understanding of health and fitness. Students focus on health-related fitness and learn how to become more fit and healthy. Topics of study include warm-up and cool down, water safety, goal setting, nutrition, muscle strength and flexibility. In addition, students learn age-appropriate motor, non-locomotor, and manipulative skills. Students are required to participate in regular physical activity.

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## Calvert Grade 3 Health

Calvert Health for Grade 3 helps young learners establish a basic understanding of the aspects of health. Students focus on the various aspects of their health and how they can make healthy choices. Topics of study include personal safety, healthy behaviors, nutrition, disease prevention, conflict resolution, basic anatomy and physiology, and the values of respect and cooperation.

## Calvert Grade 3 Physical Education

Calvert Physical Education for Grade 3 helps young learners establish a basic understanding of health and fitness. Students focus on health-related fitness and learn how to become more fit and healthy. Topics of study include warm-up and cool down, water safety, goal setting, nutrition, muscle strength and flexibility. In addition, students learn age-appropriate motor, non-locomotor, and manipulative skills. Students are required to participate in regular physical activity.

## Calvert Grade 4 Health

Calvert Health for Grade 4 helps young learners establish a basic understanding of the aspects of health. Students focus on the various aspects of their health and how they can make healthy choices. Topics of study include personal safety, reducing illness, avoiding bullying, nutrition, healthy friendships, emergency situations, and the human body.

## Calvert Grade 4 Physical Education

Calvert Physical Education for Grade 4 helps young learners establish a basic understanding of health and fitness. Students focus on health-related fitness and learn how to become more fit and healthy. Topics of study include warm-up and cool down, water safety, goal setting, nutrition, muscle strength and flexibility. In addition, students learn age-appropriate motor, non-locomotor, and manipulative skills. Students are required to participate in regular physical activity.

## Calvert Grade 5 Health

Calvert Health for Grade 5 helps young learners establish a basic understanding of the aspects of health. Students focus on the various aspects of their health and how they can make healthy choices. Topics of study include personal safety, reducing illness, avoiding bullying, nutrition, healthy friendships, emergency situations, and the human body.

## Calvert Grade 5 Physical Education

Calvert Physical Education for Grade 5 helps young learners establish a basic understanding of health and fitness. Students focus on health-related fitness and learn how to become more fit and healthy. Topics of study include warm-up and cool down, water safety, goal setting, nutrition, muscle strength and flexibility. In addition, students learn age-appropriate motor, non-locomotor, and manipulative skills. Students are required to participate in regular physical activity.

## Calvert Kindergarten Physical Education

Calvert Physical Education for Kindergarten K helps young learners establish a basic understanding of health and fitness. Students focus on health-related fitness and learn how to become more fit and healthy. Topics of study include exercise safety, making healthy choices, nutrition, the benefits, components and principles of fitness, basic anatomy and physiology, and values of cooperation and teamwork.

## Elementary Health 1 A/B

Elementary Health 1 helps young learners establish a basic understanding of the aspects of health. Students focus on the various aspects of their health and how they can make healthy choices. Topics of study include personal safety, healthy behaviors, nutrition, communication, disease prevention, basic anatomy and physiology, and values of cooperation and teamwork.

## Elementary Health 2 A/B

Elementary Health 2 helps young learners establish a basic understanding of the aspects of health. Students focus on the various aspects of their health and how they can make healthy choices. Topics of study include personal safety, healthy behaviors, nutrition, disease prevention, conflict resolution, basic anatomy and physiology, and the values of respect and cooperation.

## Elementary Health 3 A/B

Elementary Health 3 helps young learners establish a basic understanding of the aspects of health. Students focus on the various aspects of their health and how they can make healthy choices. Topics of study include personal safety, healthy behaviors, nutrition, disease prevention, conflict resolution, basic anatomy and physiology, and the values of respect and cooperation.

## Elementary Health 4 A/B

Elementary Health 4 helps young learners establish a basic understanding of the aspects of health. Students focus on the various aspects of their health and how they can make healthy choices. Topics of study include personal safety, reducing illness, avoiding bullying, nutrition, healthy friendships, emergency situations, and the human body.

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## Elementary Health 5 A/B

Elementary Health 5 helps young learners establish a basic understanding of the aspects of health. Students focus on the various aspects of their health and how they can make healthy choices. Topics of study include personal safety, reducing illness, avoiding bullying, nutrition, healthy friendships, emergency situations, and the human body.

## Elementary Health Kindergarten A/B

Elementary Health K helps young learners establish a basic understanding of the aspects of health. Students focus on the various aspects of their health and how they can make healthy choices. Topics of study include personal safety, healthy behaviors, nutrition, communication, disease prevention, basic anatomy and physiology, and values of cooperation and teamwork.

## Elementary Physical Education 1 A/B

Elementary PE 1 helps young learners establish a basic understanding of health and fitness. Students focus on health-related fitness and learn how to become more fit and healthy. Topics of study include exercise safety, making healthy choices, nutrition, the benefits, components and principles of fitness, basic anatomy and physiology, and values of cooperation and teamwork. In addition, students learn age-appropriate motor, non-locomotor, and manipulative skills. Students are required to participate in regular physical activity.

## Elementary Physical Education 2 A/B

Elementary PE 2 helps young learners establish a basic understanding of health and fitness. Students focus on health-related fitness and learn how to become more fit and healthy. Topics of study include warm-up and cool down, water safety, goal setting, nutrition, muscle strength and flexibility. In addition, students learn age-appropriate motor, non-locomotor, and manipulative skills. Students are required to participate in regular physical activity.

## Elementary Physical Education 3 A/B

Elementary PE 3 helps young learners establish a basic understanding of health and fitness. Students focus on health-related fitness and learn how to become more fit and healthy. Topics of study include warm-up and cool down, water safety, goal setting, nutrition, muscle strength and flexibility. In addition, students learn age-appropriate motor, non-locomotor, and manipulative skills. Students are required to participate in regular physical activity.

## Elementary Physical Education 4 A/B

Elementary PE 4 helps young learners establish a basic understanding of health and fitness. Students focus on health-related fitness and learn how to become more fit and healthy. Topics of study include warm-up and cool down, water safety, goal setting, nutrition, muscle strength and flexibility. In addition, students learn age-appropriate motor, non-locomotor, and manipulative skills. Students are required to participate in regular physical activity.

## Elementary Physical Education 5 A/B

Elementary PE 5 helps young learners establish a basic understanding of health and fitness. Students focus on health-related fitness and learn how to become more fit and healthy. Topics of study include warm-up and cool down, water safety, goal setting, nutrition, muscle strength and flexibility. In addition, students learn age-appropriate motor, non-locomotor, and manipulative skills. Students are required to participate in regular physical activity.

## Elementary Physical Education Kindergarten A/B

Elementary Physical Education K helps young learners establish a basic understanding of health and fitness. Students focus on health-related fitness and learn how to become more fit and healthy. Topics of study include exercise safety, making healthy choices, nutrition, the benefits, components and principles of fitness, basic anatomy and physiology, and values of cooperation and teamwork.

## BASE Education SEL – Educator PD

### Breaking Down Elements of SEL Through an Educator Lens

This course covers topics in education that make up what we define as social emotional learning. The course breaks these topics down, and it begins to ask educators to interpret these terms through their own lens.

**Best practice implementation recommendation:** This course works well for individual educator learning followed by 30-60 min discussion to integrate knowledge and reflect on questions in your setting

### Leading with your Core Values

This course is a follow up to Understanding your Backpack and helps educators put what they have learned about themselves into practice in order to lead a classroom environment that is inclusive and empowering. In this course, you will continue in self-reflection as you identify your trauma responses and learn how to harness them in order to model empathic, strengths-based, respectful communication for your students.

**Best practice implementation recommendation:** This course works best in a small full/ large group setting. It should be followed by a 30 min report back for SG implementation and, ideally, to support school SEL culture building, a 30-60 min learning in action session.

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## Suicide Awareness and Prevention for Educators

This comprehensive course helps educators to understand the complexities of suicide. With special attention paid to data, risk factors, protective factors, trauma, depression, and proper support, educators are armed with resources and knowledge. The goal of this course is to empower adults to find the right words, actions, and processes in the face of prevention, intervention, and postvention. When supportive adults feel confident, the impact on those around them can be profound. Continuing education credits may be awarded by your district.

**Best practice implementation recommendation:** This course works well for individual educator learning followed by 30-60 min discussion to integrate knowledge and reflect on questions in your setting.

## Understanding Your Backpack

This course asks you to reflect on sometimes challenging things that influence your own lens, such as bias, trauma, anger, and beliefs, and will help support you in identifying triggers and places for growth without shame or guilt. By identifying your core values and personal beliefs, you can begin to put the pieces together for effective and empowered leadership that feels authentic to you.

**Best practice implementation recommendation:** This course works best in a small full group setting, to support safe sharing. It should be followed by a 30 min report back and, ideally, to support school SEL culture building, a 30-60 min learning in action session.

## What is SEL – The Basics

This course gives an overview of what SEL is, its history, and the importance of SEL in how we learn.

**Best practice implementation recommendation:** This course works well for individual educator learning followed by 20-40 min discussion to integrate knowledge and reflect on questions in your setting.

## BASE Education SEL – Video-Based

### Anger

In this course, students will learn to identify anger, they will learn to catch it before it becomes too big, and they will develop ways to calm down. Anger is a healthy feeling that helps to protect us when we feel someone has harmed us or done something wrong to us. It can also occur when we are learning something hard or trying to wait, often that kind of anger is frustration. Learning different ways to control anger is important because we don't want to make a situation worse, hurt anyone or give up on something we care about. It can be hard, but there are good ways to handle our anger.

Categories  
Prevention

### Boundaries

In this course, students will begin to learn about what boundaries are, how having boundaries can feel, and how to communicate their boundaries.

Categories  
Prevention

### Bullying and Cyberbullying

In this course, students will learn about bullying and cyberbullying. Bullying makes other people feel like they have power over someone which makes them feel like they are stronger or better. It makes the people being bullied feel like they have less power than someone else. Those being bullied need to know how to get help and those doing the bullying need to know that they must stop and that they can change.

Categories  
Prevention

### Coping Strategies

In this course, students will learn that coping strategies are things they can think about or do to get through hard times. Coping strategies can be thoughts to help them feel better or things they can do to solve problems. Developmentally, your youngest learners are learning how to make decisions about how they calm down and they are figuring out what works for them. Through this course, students will come up with their own coping skills and learn about what works for their peers as well as for themselves.

Categories  
Prevention

### Digital Safety

In this course, students will learn that digital safety is just as important as physical safety. Knowing how to be safe and polite on devices is very important so that kids can be protected and respectful while using technology. When we do not practice digital safety, or follow the rules, we can cause or receive quite a bit of harm to ourselves or others. Through this course, students will learn about digital footprints and online etiquette as they explore how to stay safe and responsible.

Categories  
Prevention

# Course Catalog



## Diversity

In this course, students will begin to learn about what diversity is, why diversity is important, and how we experience diversity. Students will discuss what makes them diverse and that it is okay to feel different from others.

Categories

Prevention

## Emotions

In this course, students will begin to learn about emotions. Students will learn what emotions are, why they are healthy, and how to begin to identify and accept them. Students will also learn the importance of controlling their emotions to act them out in a healthy manner.

Categories

Prevention

## Empathy

In this course, students will learn about empathy: how to identify emotions in themselves and others and practicing appropriate responses to other people's feelings. We will look at three different kinds of empathy: cognitive, emotional, and behavioral. When we have empathy for someone, we understand how they feel because we know what it is like to have those same feelings.

Categories

Prevention

## Equity

In this course, students will learn about what equity is and how it differs from equality. Equity is fair. By learning about equity, students can learn that they have the power to make someone else's life better. Knowing what is fair or unfair is important in helping people get along with each other and form positive relationships at all life stages.

Categories

Prevention

## Families

In this course, students will begin to learn about families and about how families can look different from their own. Students will talk about how their family makes them feel as well as why family is important to them and who they consider part of their family. This course centers around the idea that all families are unique and different and will provide an opportunity to have important, complex conversations about welcoming all families. Teachers should be prepared to openly talk about differences while interrupting bias and stereotypes.

Categories

Prevention

## Gratitude

In this course, students will begin to learn about the regular practice of gratitude and how it can help students become more aware of the gifts that surround us. This lesson includes defining what gratitude is, why it's important, offers practice on identifying things for which we should show gratitude.

Categories

Prevention

## Growth Mindset

In this lesson, students will learn about growth mindsets. Students will learn what a growth mindset is, why having a growth mindset is important, and how having a growth mindset can feel. Students will have an opportunity to practice their growth mindsets.

Categories

Prevention

## Healthy Communication

In this course, students will begin to learn about healthy communication. Healthy communication is when we listen to others to hear what they have to say. It is when we speak about what is on our mind in a respectful way. Following this course, your students will know why it's important to use healthy communication and they will learn the fundamentals for getting started. Students will learn about the impact of their words. They will learn to recognize why and how to use different messages, tone of voice, and how to listen attentively and with respect.

Categories

Prevention

# Course Catalog



## Healthy Relationships

In this course, students will learn to identify healthy versus unhealthy relationships. They will learn the traits of healthy relationships, including being able to work through challenges together. They will also learn about the signs of an unhealthy relationship.

Categories

Prevention

## Mindfulness

In this course, students will learn how to slow down in such a fast-paced world by practicing mindfulness. Mindfulness can help children calm their minds and focus on the present. Students will learn the definition of mindfulness, what mindfulness feels like, why mindfulness is important, and even practice mindfulness techniques.

Categories

Prevention

Categories: Prevention

## Peer Pressure

In this course, students will begin to learn about peer pressure. Peer pressure can be a good thing and present a challenge. When it is negative, it can be difficult for kids to stand up to. Students will learn the differences between positive and negative peer pressure, big or small, and do what they know is right or simply what is important to them.

Categories

Prevention

## Resilience

In this course, students will begin to learn about resilience and why resilience is important. Resilience is an important skill for coping with the ups and downs of life. Many things can impact a child's resilience, including their resources, previous experiences, their sense of self, and the coping strategies they have developed over time. By discovering that success takes perseverance, persistence, students become more equipped to face challenges, learn from them, and develop ways to live a healthy life.

Categories

Prevention

## Respect

In this course, students will begin to explore what respect looks like and how it helps to build caring connections in different environments. Respect is being aware of other people's feelings, their thoughts, and their property. It means that you care about people, even if you do not agree with them. Respect is at the foundation of creating healthy environments where we all thrive and the value of respect in all of these areas will be explored throughout this course.

Categories

Prevention

## Responsibility

In this course, students will begin to learn about the definition of responsibility and why responsibility is important. This course also includes student guidance on naming ways that they can show responsibility.

Categories

Prevention

## Self-Esteem

In this course, students will learn about self-esteem. Self-esteem is a word we use to describe how much we like ourselves. People can have high levels of self-esteem, meaning they really like themselves and feel proud. People can also have low levels of self-esteem, meaning that they do not feel very good about themselves. Through this course, students will come to understand that there are areas of themselves that they like and that no one is good at everything, and that is okay—we all have value.

Categories

Prevention

## Self-Regulation

In this course, students will learn about self-regulation. Self-regulation is being able to stay in control over our emotions or the way we show our feelings in ways that are acceptable, safe, and that do not hurt yourself or others. When we regulate, or control and balance our behavior, we can have calmer lives with healthy relationships; we can reach our goals and we can learn things easier. Through this lesson, students will explore how to balance their feelings.

Categories

Prevention



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## Setting Goals

In this course, students will begin to learn about setting goals and that they can guide their own growth with determination and effort. This course will explore setting the right goals for themselves and achieving them, even when difficult. Students will walk away with guidance on how to set strategic, measurable, realistic goals with an action plan and time limit in developmentally appropriate ways.

Categories

Prevention

## Teasing

In this course, students will begin to learn about teasing. Students will learn that although teasing can start as something small and might even feel funny or playful to the person doing the teasing, it is hurtful to the person being teased. Students will acquire skills to combat teasing such as seeking support from a trusted adult, ignoring the teaser, walking away, or using a strong voice.

Categories

Prevention

## Who Am I?

In this course, students will get to know themselves better. They will begin a process of forward-thinking as they shape who they are and who they want to become. As we change and grow, we also get to know ourselves more by deciding what is important to us. Through this course, students will learn to appreciate what makes them different and how to appreciate the differences in others around them.

Categories

Prevention

## Worries

In this course, students will begin to learn about worries and how they are in fact a normal part of life. They will also learn how to identify when their worries are too much, as well as what they can do to manage their worries.

Categories

Prevention

## BASE Education SEL – Interactive

### Bullying and Cyber Bullying (Grades 4-6)

This course will help you to understand bullying and will help you to stay strong, safe, and healthy. This course contains several sections that take about 30 minutes each to complete.

This course is interactive, and users will be asked to respond to a set of questions directly within the course. This course can be presented to a class and the questions can be answered as a class.

Categories

Prevention

Bullying/Relational Aggression/Cyberbullying/Technology Issues

Core SEL Competencies

Relationship Skills

Social Awareness

Self-Awareness

Self-Management

Responsible Decision Making

### Digital Safety (Grades 4-6)

This course will teach you how to be safe and kind online. This course contains several sections that take about 30 minutes each to complete.

This course is interactive, and users will be asked to respond to a set of questions directly within the course. This course can be presented to a class and the questions can be answered as a class.

Core SEL Competencies

Relationship Skills

Social Awareness

Self-Awareness

Self-Management

Responsible Decision Making

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## Keeping Calm (Grades 4-6)

This course will help students to recognize their feelings, develop coping strategies, and ultimately aid in controlling emotions. Approximate Completion Time: 45 minutes

This course is interactive, and users will be asked to respond to a set of questions directly within the course. This course can be presented to a class and the questions can be answered as a class.

### Categories

- Prevention
- Anger/Fighting
- Self-Defeating Behaviors
- Inappropriate Peer Behavior
- Bullying/Relational Aggression/Cyberbullying/Technology Issues

### Core SEL Competencies

- Relationship Skills
- Social Awareness
- Self-Awareness
- Self-Management
- Responsible Decision Making

## Who Am I? (Grades 4-6)

In this course, students will provide information to school staff that allows them to develop rapport, gather classroom dynamics, and understand student self-perceptions. This course can be taken independently, as part of a group activity, as part of a classroom conversation. Best suggestion: Have student complete independently before any group discussions. It is recommended that this course is taken in 15-minute segments.

## Elementary Electives

### Calvert Grade 2 Art and Picture Study

Art and Picture Study 2 explores drawing techniques, perspective, and color theory and includes discussion and analysis of famous works of art to encourage student appreciation.

### Calvert Grade 3 Art and Picture Study

This course guides students to explore and practice drawing skills using lines, light sources, and motion when discussing and analyzing famous works of art.

*Course content subject to change.*

### Calvert Grade 4 Art and Picture Study

In Art and Picture Study, students will explore drawing skills using perspective and color theory. Picture study includes the discussion and analysis of famous works of art.

*Course content subject to change.*

### Calvert Grade 5 Painting

In this course, students will explore contour, naturalism, and linear perspectives. In addition, students will study paintings throughout history, from cave paintings to modern masterpieces. Students will learn about movements and individuals who have made their mark on the art of painting.

*Course content subject to change.*