

Year At A Glance



Movement - provides opportunities to take part in yoga-inspired movement, while engaging in mindful breathing to ground and center your student's feelings and focus.



Reading - provides foundational skills and strategies for the study of language for your student to become a confident reader. Your student will be empowered to independently explore subjects that ignite their passions.



Writing - provides foundational skills and strategies for your student to meaningfully share ideas, express themselves, and connect with others and the world.



Culture & Society - provides a chance to explore ourselves and others through the study of human culture and history. This study pushes your student to think both critically and creatively, so they can imagine and take part in a better future.



Fine Arts - provides hands-on artistic exploration to help your student explore their internal and external worlds. This exploration helps your student practice and develop their own personal relationship with self-expression.



Nutrition - provides your student the opportunity to learn about how the body needs and uses nutrients to stay healthy. Thematic recipes offer a hands-on learning experience, exploration of global food culture, and an opportunity for meaningful connection.



Science - provides your student an outlet to discover and understand the world around them. Lessons and hands-on experiments deepen your student's comprehension of how things work, and enhance their connection to the habitats and ecosystems that sustain us.



Mathematics - provides a right-brained approach to math, helping your student understand math in the context of the natural world. Lessons focus on developing understanding, opportunities for meaningful practice, and encouraging your student to apply what they have learned.



Mindfulness - provides your student space and guidance for calming the senses, increasing focus and attention, and bringing awareness to the present moment.



MOTHER MANDALA





MONTH 1

- Yoga
- Reading and writing strategies
- Introduction to geography
- What is art? How to look at art
- Food and gratitude
- Living & nonliving things
- Count & compare numbers
- Add & subtract with objects to 10
- What is mindfulness?

MONTH 2

- Yoga
- Poetry
- Music of the deserts
- The elements of art
- Eat a rainbow
- Human biome - human body
- Decompose numbers
- Make 10
- Recognizing & naming emotions

MONTH 3

- Yoga
- Nonfiction text features
- Sounds of the deserts
- Crayon, colored pencil, & illustrations
- Food of temperate deserts
- Ecology of temperate deserts
- Place value to hundreds
- Count within 1000
- Breathing techniques

MONTH 4

- Yoga
- Nonfiction text structures
- Biodiversity
- Watercolor
- Food of tropical deserts
- Ecology of tropical deserts
- Add within 100
- Greater than & less than
- Gratitude practice

MONTH 5

- Yoga
- Nonfiction text types
- Invasive species
- Sculpture
- Food of cold deserts
- Ecology of cold deserts
- Subtraction
- Equations
- Mindfulness in nature

MONTH 6

- Yoga
- Folklore of deserts
- People of temperate deserts
- Collage
- Where does food come from?
- Life cycles
- Time
- Measurement
- Sensory practice

MONTH 7

- Yoga
- Fiction & creative writing
- People of tropical deserts
- Printmaking
- Sustainable farming
- Producers, consumers, & decomposers
- Collecting & grouping data
- Tallying data
- Mindfulness in arts and crafts

MONTH 8

- Yoga
- Persuasive texts
- People of cold deserts
- Art of the deserts
- Sustainable fisheries
- Water cycle
- Picture graphs
- Dot plots
- Body scan

MONTH 9

- Yoga
- Current events & letters
- Climate change in deserts
- Art and mathematics
- Journey of food
- All about Earth
- 2 & 3 dimensional shapes
- Attributes of shapes
- Self-awareness

MONTH 10

- Yoga
- Biography and memoir
- Global climate change
- Art, mathematics, & nature
- Sustainable eating
- Space
- Composite shapes
- Decompose shapes
- Mindful journaling

MONTH 11 PROJECT

Growing Your Garden
An interdisciplinary project-based curriculum for academic breaks.

MONTH 12 PROJECT

Games & Activities
An interdisciplinary project-based curriculum for academic breaks.



MONTH 1

- Yoga
- Reading and writing strategies
- World geography and maps
- What is art? How to look at art
- Food and gratitude
- Science terms and concepts
- Add & subtract within 100
- Even & odd numbers
- What is mindfulness?

MONTH 2

- Yoga
- Poetry
- Music of the forests
- The elements of art
- Eat a rainbow
- Human biome - muscular and skeletal systems
- Foundations of multiplication
- Breaking numbers up to 20
- Recognizing & naming emotions

MONTH 3

- Yoga
- Nonfiction text features
- Sounds of the forests
- Crayon, colored pencil, & illustrations
- Food of boreal forests
- Ecology of boreal forests
- Place value to hundreds
- Count within 1000
- Breathing techniques

MONTH 4

- Yoga
- Nonfiction text structures
- Biodiversity
- Watercolor
- Food of temperate forests
- Ecology of temperate forests
- Equations with missing numbers
- 2 step word problems
- Gratitude practice

MONTH 5

- Yoga
- Nonfiction text types
- Invasive species
- Sculpture
- Food of tropical forests
- Ecology of tropical forests
- Add up to four 2-digit numbers
- Subtract 2-digit numbers
- Mindfulness in nature

MONTH 6

- Yoga
- Folklore of forests
- People of boreal forests
- Collage
- Where does food come from?
- Life cycles
- Measuring length
- Add & subtract length measurement
- Sensory practice

MONTH 7

- Yoga
- Fiction & creative writing
- People of temperate forests
- Printmaking
- Sustainable farming
- Food chains
- Numbers to 1000
- Compare 3-digit numbers
- Mindfulness in arts and crafts

MONTH 8

- Yoga
- Persuasive texts
- People of tropical rainforests
- Art of the forests
- Sustainable fisheries
- Seasons
- Shapes & attributes
- Shapes & fractions
- Body scan

MONTH 9

- Yoga
- Current events & letters
- Climate change in forests
- Art and mathematics
- Journey of food
- Earth - history & features
- Data & statistics
- Data & statistics - length
- Self-awareness

MONTH 10

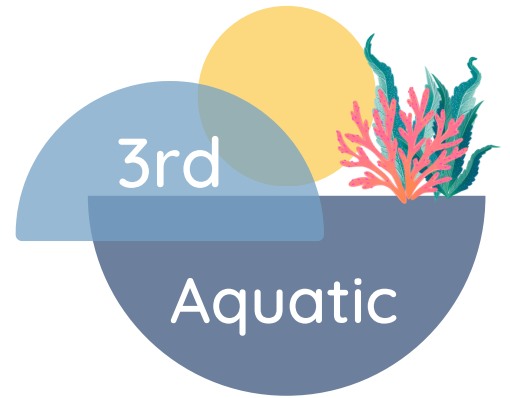
- Yoga
- Biography and memoir
- Global climate change
- Art, mathematics, & nature
- Sustainable eating
- Earth in space
- Time to nearest 15 minutes
- Time to 5 & 10 minutes
- Mindful journaling

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- Yoga
- Reading and writing strategies
- World geography and maps
- What is art? How to look at art
- Food and gratitude
- Science terms and concepts
- Introduction to multiplication
- Multiplication word problems
- What is mindfulness?

MONTH 2

- Yoga
- Poetry
- Music of the grasslands
- The elements of art
- Nutrients
- Human biome - circulatory and respiratory systems
- Multiplication by 10
- Add & subtract word problems
- Recognizing & naming emotions

MONTH 3

- Yoga
- Nonfiction text features
- Sounds of the oceans
- Crayon, colored pencil, & illustrations
- Food from the oceans
- Ecology of oceans
- Introduction to division
- Division word problems
- Breathing techniques

MONTH 4

- Yoga
- Nonfiction text structures
- Biodiversity
- Watercolor
- Food from freshwaters
- Ecology of freshwater
- Equations with missing numbers
- 2-step word problems
- Gratitude practice

MONTH 5

- Yoga
- Nonfiction text types
- Invasive species
- Sculpture
- Food from wetlands
- Ecology of wetlands
- Place value and rounding
- Place value word problems
- Mindfulness in nature

MONTH 6

- Yoga
- Folklore of aquatic biomes
- People of ocean environments
- Collage
- Where does food come from?
- Food webs
- Introduction to fractions
- Equivalent fractions
- Sensory practice

MONTH 7

- Yoga
- Fiction & creative writing
- People of freshwater environments
- Printmaking
- Sustainable farming
- Introduction to energy
- Time to the nearest minute
- Mass and volume
- Mindfulness in arts and crafts

MONTH 8

- Yoga
- Persuasive texts
- People of wetland environments
- Art of people in ocean environments
- Sustainable fisheries
- Forces of motion - simple machines
- Scaled bar graphs
- Scaled picture graphs
- Body scan

MONTH 9

- Yoga
- Current events & letters
- Climate change in aquatic biomes
- Art and mathematics
- Journey of food
- Earth - weather and climate
- Perimeter
- Area
- Self-awareness

MONTH 10

- Yoga
- Biography and memoir
- Global climate change
- Art, mathematics, & nature
- Sustainable eating
- Planets
- Shapes and their attributes
- Shapes and fractions
- Mindful journaling

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MONTH 1

- Yoga
- Reading and writing strategies
- World geography and maps
- What is art? How to look at art
- Food and gratitude
- Science terms and concepts
- Multiplication & division comparisons
- Multi-step word problems
- What is mindfulness?

MONTH 2

- Yoga
- Poetry
- Music of the grasslands
- The elements of art
- Nutrients
- Human biome - digestive system
- Factoring & prime numbers
- Sequences & patterns
- Recognizing & naming emotions

MONTH 3

- Yoga
- Nonfiction text features
- Sounds of the grasslands
- Crayon, colored pencil, & illustrations
- Food of temperate grasslands
- Ecology of temperate grasslands
- Round and compare whole numbers
- Use place value to add & subtract
- Breathing techniques

MONTH 4

- Yoga
- Nonfiction text structures
- Biodiversity
- Watercolor
- Food of tropical grasslands
- Ecology of tropical grasslands
- Multiply 2-digit numbers together
- Division - quotient & remainders
- Gratitude practice

MONTH 5

- Yoga
- Nonfiction text types
- Invasive species
- Sculpture
- Food of steppe grasslands
- Ecology of steppe grasslands
- Equivalent fractions
- Compare fractions
- Mindfulness in nature

MONTH 6

- Yoga
- Folklore of grasslands
- People of temperate grasslands
- Collage
- Where does food come from?
- Earth cycles - carbon cycle
- Add & subtract fractions
- Fraction word problems
- Sensory practice

MONTH 7

- Yoga
- Fiction & creative writing
- People of tropical grasslands
- Printmaking
- Sustainable farming
- Energy and transformations
- Multiply fractions by whole numbers
- Fractions as decimals
- Mindfulness in arts and crafts

MONTH 8

- Yoga
- Persuasive texts
- People of steppe grasslands
- Art of the grasslands
- Sustainable fisheries
- Waves
- Word problems with measurement
- Line plots with fractions
- Body scan

MONTH 9

- Yoga
- Current events & letters
- Climate change in grasslands
- Art and mathematics
- Carbon footprint of food
- Earth - geological changes
- Points, lines, rays, & line segments
- Angles
- Self-awareness

MONTH 10

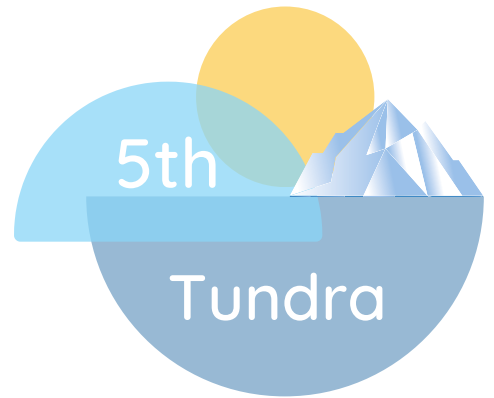
- Yoga
- Biography and memoir
- Global climate change
- Art, mathematics, & nature
- Sustainable eating
- Stars
- Area & perimeter in real life
- 2-dimensional shapes
- Mindful journaling

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MONTH 1

- Yoga
- Reading and writing strategies
- World geography and maps
- What is art? How to look at art
- Food and gratitude
- Science terms and concepts
- Math expressions
- Order of operations
- What is mindfulness?

MONTH 2

- Yoga
- Poetry
- Music of the tundra
- The elements of art
- Nutrients
- Human biome - nervous system
- Decimals to the thousandths place
- Round and compare decimals
- Recognizing & naming emotions

MONTH 3

- Yoga
- Nonfiction text features
- Sounds of the tundra
- Crayon, colored pencil, & illustrations
- Food of the Antarctic tundra
- Ecology of the Antarctic tundra
- Add and subtract decimals
- Multiply and divide decimals
- Breathing techniques

MONTH 4

- Yoga
- Nonfiction text structures
- Biodiversity
- Watercolor
- Food of the Arctic tundra
- Ecology of Arctic tundra
- Add fractions
- Perimeter using fractions
- Gratitude practice

MONTH 5

- Yoga
- Nonfiction text types
- Invasive species
- Sculpture
- Food of the alpine tundra
- Ecology of alpine tundra
- Multiply fractions by fractions
- Area using fractions
- Mindfulness in nature

MONTH 6

- Yoga
- Folklore of the tundra
- People of the Antarctic tundra
- Collage
- Where does food come from?
- Earth cycles - history of the planet
- Divide fractions
- Fraction division word problems
- Sensory practice

MONTH 7

- Yoga
- Fiction & creative writing
- People of the Arctic tundra
- Printmaking
- Sustainable farming
- Properties of matter
- Converting measurements
- Scaling and resizing
- Mindfulness in arts and crafts

MONTH 8

- Yoga
- Persuasive texts
- People of the alpine tundra
- Art of the tundra
- Sustainable fisheries
- Physical and chemical changes
- Introduction to volume
- Finding volumes
- Body scan

MONTH 9

- Yoga
- Current events & letters
- Climate change in the tundra
- Art and mathematics
- Carbon footprint of food
- 4 spheres of Earth
- Line plots with fractions
- Shapes - attributes & properties
- Self-awareness

MONTH 10

- Yoga
- Biography and memoir
- Global climate change
- Art, mathematics, & nature
- Sustainable eating
- Sun, moon, and Earth
- Coordinate plane
- Shapes on the coordinate plane
- Mindful journaling

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