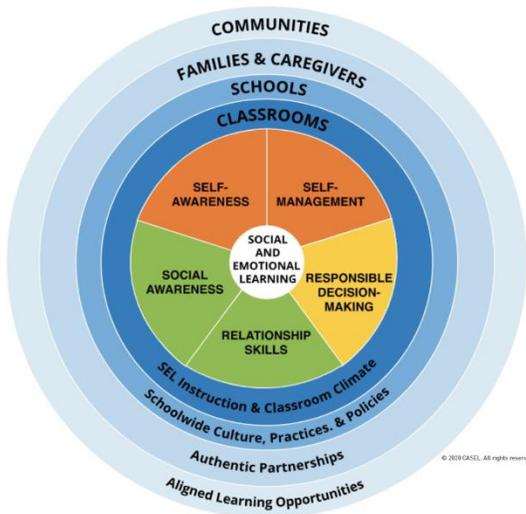




# BASE Education Pacing Guide: Grades 1-5

## Set Strong Foundations for Learning, Wellness and Lifelong Success

Elementary school is a critical time for setting strong foundations that support students in building essential skills for learning like managing behavior and setting goals. BASE Education curriculum creates more engaged and successful students by building skills that support mental health and wellness and tools for healthy relationships. Age-appropriate courses will help students understand and reflect on these important real-life skills.



These courses deliver learning using student voice through short videos and educator guides support teacher-guided group learning. Each course will include:

- A short, video-based lesson that is no more than eight minutes in length
- A printable educator guide and worksheet for grades 1-2 and grades 3-5, to support whole-class or small-group learning opportunities

These combined resources allow learning to happen in one lesson or to be broken down into shorter segments throughout the week.

## Meet the Unique Needs of Students

BASE Education courses are designed to work within the structures and frameworks that your school or district is already using. Accordingly, it is intended to complement positive behavioral interventions and supports (PBIS) and multi-tiered systems of supports (MTSS), and it also supports whole-group learning aligned to thematic school goals and character education.

Having differentiated guides with different activities and worksheets for lower and upper elementary grades allows teachers to meet the unique needs of their group or to revisit a skill during an intervention block. All of the guides also include related readings, allowing educators to extend learning into ELA and other subjects to reinforce themes and support integration. Many worksheets can be kept by students to use as visual prompts for skill memory, reinforcement at home, or even anchor charts for norm setting.

## Sample Pathways: Five Courses for Each Grade Level and CASEL Competency

To support ease of implementation, BASE can be broken into grade level starter pathways made up of five courses per grade level. These pathways are designed to meet grade level SEL standards alignment and help teachers narrow down and address each CASEL competency area with developmental needs in mind. While all five CASEL areas are often covered in each course, topics align to CASEL with a primary lead skill.

<b>First Grade</b>	1	Emotions
	2	Self-Regulation Coping Strategies
	3	Diversity
	4	Teasing
	5	

<b>Second Grade</b>	1	Anger
	2	Responsibility
	3	Empathy
	4	Families
	5	Respect

<b>Third Grade</b>	1	Boundaries
	2	Mindfulness Setting Goals
	3	Healthy Relationships
	4	
	5	Bullying

<b>Fourth Grade</b>	1	Who am I?
	2	Resilience Growth Mindset
	3	Peer Pressure
	4	
	5	Digital Safety

<b>Fifth Grade</b>	1	Worries
	2	Self-Esteem
	3	Gratitude
	4	Healthy Communication
	5	Equity

### CASEL Competency Key

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

As students age, each starter pathway teases out more nuanced learning, ending with courses that best support the middle school transition.

Courses can and should be repeated as students grow and develop. Educator Guides also allow for differentiated age-appropriate learning for grades 1-2 and 3-5.