

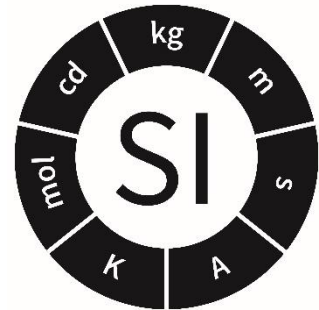


How to Access. Search: <https://www.nist.gov/pml/owm/metric-si>

On the **left** navigation go to *SI Education and Training* (There are many good options)

Under [SI Education and Training](#) explore the following:

- [Education Resources on the Metric System \(SI\)](#) – A curated collection of resources to enrich classroom curriculum and reinforce student learning during [Metric Week](#) and beyond.
- [SI Teacher Kits Available for Educators](#) – Request a *free* set of metric education classroom resources. Email: TheSI@nist.gov (include your name, school, subject, grade level, phone number, and U.S. mailing address).
- [Metric Kitchen](#) – Learn how to use a kitchen scale and measure ingredients using grams with [NIST Metric Recipes: Measure. Mix. Learn](#) ([NIST SP 1290](#)) and companion videos.
- [Everyday Estimation](#) – Build practical sensemaking skills using the [Metric System Estimation Game](#) to practice daily life approximations.
- [SI Units Card Deck](#) – Familiarity with the elements and structure of the SI, including the relationships between defining constants, base and derived units, and [prefixes](#).
- [NIST Metric Trivia Quiz](#) – Test your metric system knowledge with this fun online quiz.



Highlights for Teachers / Professional Development

Free Webinars

Attend Metric Program technical training and professional development courses. Explore the [Course Catalog](#) and [Calendar of Events](#) to identify currently scheduled sessions, designed for 90-minutes (or less).

NIST Summer Institute for Middle School Science Teachers

[Apply](#) for the annual two-week workshop in July, featuring hands-on activities, lectures, tours, and visits with NIST scientists and engineers in their laboratories. See NIST website on how to apply, details, and deadlines. Applications must be submitted through your school district or private school administration.



(Be sure to explore this)↓

Use the [Education](#) website and [NIST Educational STEM Registry](#) (NEST-R) to discover Science, Technology, Engineering, and Math educational resources published by NIST. Learn how to [Discover NIST Education Resources](#). Search by free text and using the filtering system to locate the resources that are most applicable to

your instructional needs.

Happy exploring! Contact: NIST Metric Program (TheSI@NIST.gov).