As students in seventh grade begin to make the transition into adolescence and more real-world life settings, they need help developing mental math strategies that they can apply to their everyday lives. By seventh grade, teachers seem to not focus as much on mental math as they have many other things to cover. At the same time teachers are de-emphasizing the need to develop stronger mental math skills, seventh grade students begin to use calculators—which are easy for adolescents to over-use. Because of these reasons, we are developing a mental math curriculum for use in seventh grade classrooms. The curriculum consists of 30 worksheets, which teach 30 different mental math strategies for solving math equations and real-world problems. These strategies range from addition, subtraction, multiplication, and division techniques, to fractions and decimals. Using this curriculum, students practice the strategies in mathematical contexts (aligned with the goals of the Common Core State Standards) and applied contexts. These worksheets are in a useable form so that teachers can easily adapt them into their classroom curriculum. Our hope is that students will be able to take these strategies and realize that they can apply mathematics to the real world, at even their young age. Also, we hope that they will come to see mental math strategies as a useful tool, which can be a quick and effective way to find answers in a wide variety of settings.