Fitchburg State University has a three-course sequence for Elementary Education majors that emphasizes the foundation of the mathematics in K-5. I will present a number of techniques that I have employed in the classroom that I have used in our Informal Number Theory class (first of the 3-course sequence) that has been effective. These include a variation of a flipped classroom, journals and a course project. I will cover these aspects of the course in detail in the talk. (Received September 23, 2015)