

## DEAR PARENT,

Our class is using GoNoodle to stay energized and engaged throughout the school day. GoNoodle is a free website that provides dance-alongs, yoga videos, mindfulness activities, and other awesome ways to move! The benefits of integrating movement and mindfulness into the day are endless: improve academic performance, focus, reduce behavioral issues in the classroom, and so much more!

The benefits of movement don't stop in the classroom. **You can also play GoNoodle at home as a family on the web, iOS, Android, or Apple TV!**

Ways to GoNoodle at home this school year:

- **Relieve Anxiety:** Transitioning from break back into school can be a stressful time. GoNoodle's kid-friendly mindfulness videos reduce stress, settle anxiety, and boost confidence.
- **Get Active:** Screen time can now be active and engaging! GoNoodle movement videos are focused on fine and gross motor skills, cross lateral movements, coordination, and balance.
- **Help with Transitions:** Try GoNoodle Mixes to add movement and structure to your routines. Mixes are favorite GoNoodle videos, packaged up for different points of the day - lunchtime, bedtime, and more.

## SIGN UP FOR A FREE ACCOUNT AVAILABLE ON...



 **WEB AT [WWW.GONOODLE.COM](http://WWW.GONOODLE.COM)**

 **IOS**

 **ANDROID**

 **APPLE TV**