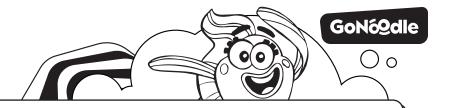
DEAR PARENT,



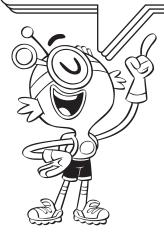
Our class is using GoNoodle to stay energized and engaged throughout the school day. GoNoodle is a free website that provides dance-alongs, yoga videos, mindfulness activities, and other awesome ways to move! The benefits of integrating movement and mindfulness into the day are endless: improve academic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

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ANDROID

