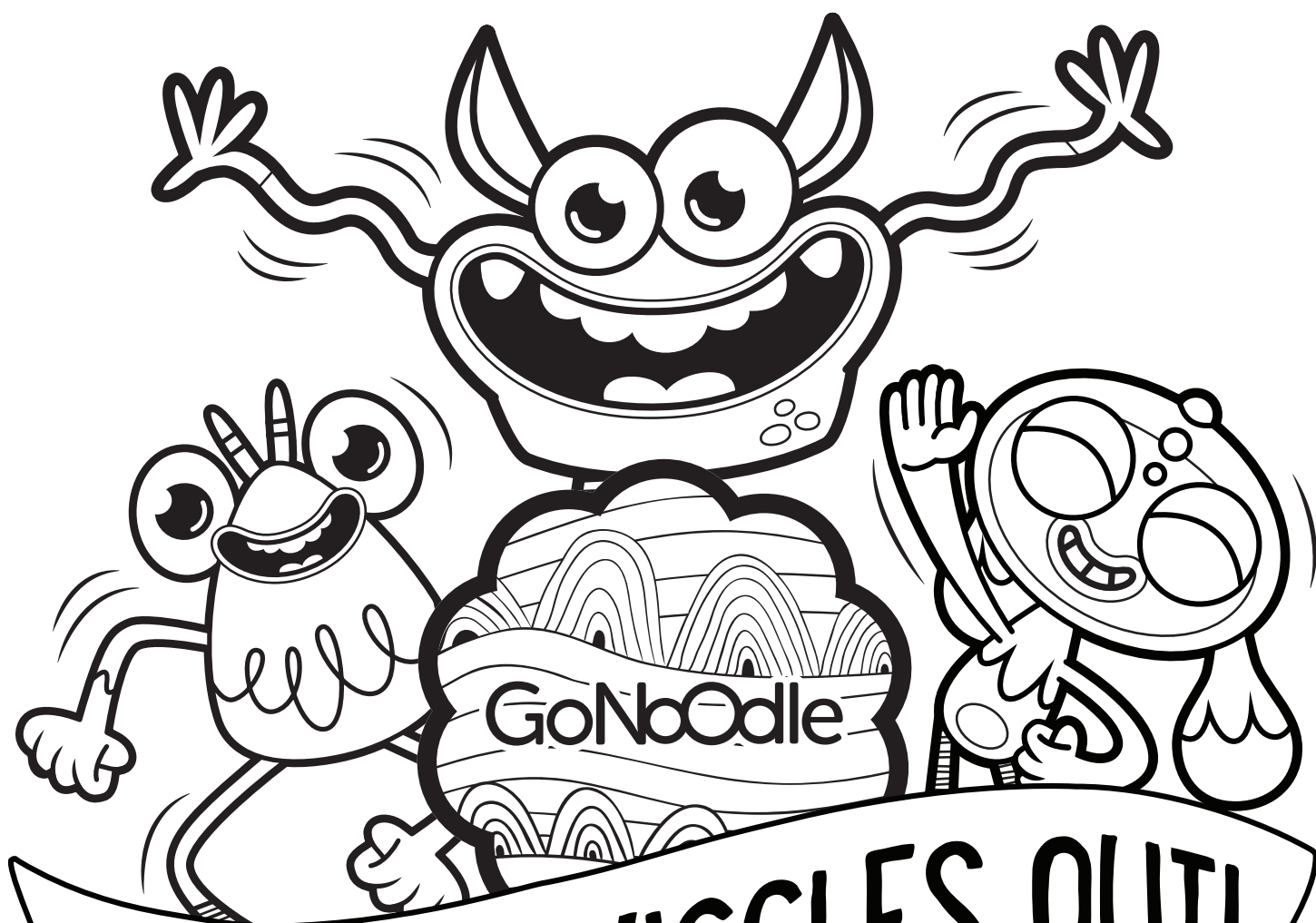


# MAKE MOVEMENT FUN!

We use a free website called GoNoodle in our classroom to stay active, get our wiggles out, reduce stress, stay motivated, and much more! GoNoodle's 3-5 minute videos are the perfect break between lessons, after lunch or recess, or anytime we just need to recenter. **It's also a wonderful tool to use at home!** Burn some energy, get focused for homework or reading time, or simply have some fun as a family.

**SIGN UP FOR FREE AT [GONOODLE.COM](http://GONOODLE.COM)**



GET THE WIGGLES OUT!

