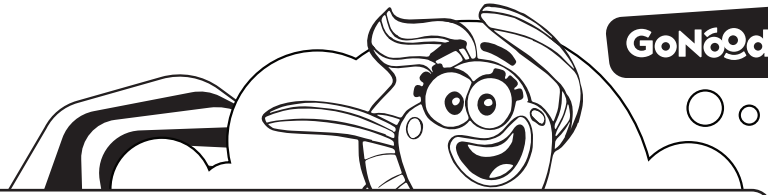


DEAR PARENT,



Our class uses GoNoodle to stay active and engaged in the classroom with dance-alongs, yoga videos, mindfulness activities, and other awesome ways to move while reinforcing educational topics.

Great news! Your family can make screen time active and play GoNoodle at home for FREE!

Ways to GoNoodle at home:

- Dance with fun videos that focus on fine and gross motor skills, cross-lateral movements, and coordination.
- Move with GoNoodle mixes of favorite videos, packaged up for use at different times - bedtime, family time, and more.
- Practice mindfulness with videos that teach kids how to de-stress, manage their emotions, and resolve conflict.

PLAY FOR FREE AT GONOODLE.COM



ON MOBILE APPS



ON STREAMING DEVICES

