

# 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!

## 2 Great Ways to GoNoodle at home:

### GONOODLE VIDEO APP

- 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.

### GONOODLE GAMES APP

The new gonoodle games app gets kids moving, ducking, dodging and holding a pose with fast-paced mini-games. Download the free app on iPhone or iPad today! (Android coming soon)

- You can pop bubbles with Flo Yo!
- Race through space with Zapp Von Doubler!
- Do yoga poses with Om Petalhead!
- Make rockin' music with Squatchy Berger!

## PLAY FOR FREE AT GONOODLE.COM



### GoNoodle video On Mobile apps



### GoNoodle video on streaming devices

