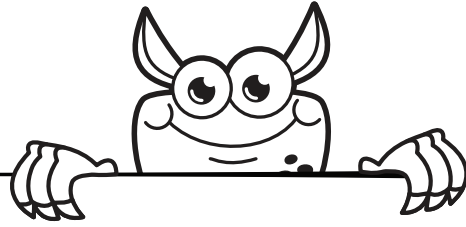


DEAR PARENT



This year our class is using (and loving!) **GoNoodle** — a fun and free website that helps get the wiggles out.

GoNoodle.com has hundreds of movement games and videos that get kids dancing, running, jumping, stretching, deep breathing, and more. After the kids take a quick activity break with GoNoodle, they're able to really focus on learning.

If you're looking for ways to channel your child's energy, try **GoNoodle at home!**

You can use **GoNoodle at home** to...

- energize your kids before school
- stop the squirmies to help them focus on homework
- keep kids actively and safely engaged as you prepare dinner
- calm down before bedtime
- exercise your whole family... together!

TO SIGN UP FOR A FREE HOME ACCOUNT!



1

Go to www.gonoodle.com.

2

Click "Sign Up."

3

Pick "Parent or Kid" and create accounts for each of your kids!