

5 Ways to Use GoNoodle!



1. Morning Meeting

Begin the day with a kid-friendly mindfulness exercise for increased positivity and mood.

🔍 Search: **Rainbow Breath**



2. Subject Transitions

Take a vigorous break to release the wiggles and re-energize the brain before moving onto the next subject.

🔍 Search: **Milkshake**



3. After Lunch or Recess

Calming breaks are a helpful way to bring the energy down and re-focus for the lesson ahead.

🔍 Search: **Airtime Space**



4. Before (and After) a Big Test

Take the time to do something relaxing beforehand, then something fun afterward.

🔍 Search: **Good Feeling**



5. Indoor Recess

When it's too cold, rainy, or blazing hot to go outside, try GoNoodle's Indoor Recess Mega Mixes!

🔍 Search: **Taste The Sauce**



"When I first discovered GoNoodle, I thought it looked fun, but wasn't sure if it would become one more thing to fit into my day. Now, I can't imagine my classroom without GoNoodle."

— Kara B., 4th grade teacher