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