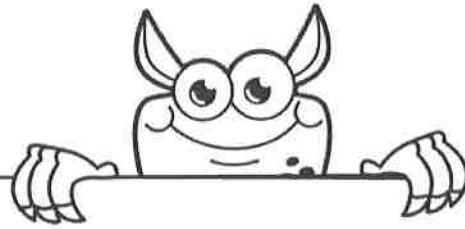


## DEAR PARENT



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](http://www.gonoodle.com).

2

Click "Sign Up."

3

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