

DEAR PARENT



GoNoodle's movement videos and games help to keep us moving inside the classroom. It makes it easy to be active, the kid way – silly, energetic, playful, and fun!

"Research shows even short bursts of movement deliver big benefits for brain health and academic performance, relative to sitting quietly."

-Dr. Laura Chaddock-Heyman, research scientist specializing in movement and the adolescent brain.

You can also play GoNoodle at Home!

When a kid plays GoNoodle, he or she follows along with one of GoNoodle's 150+ movement videos. They might begin the day with a yoga routine, have a family dance party in the living room, or sing & move along with friends to popular songs. However kids play, they're being active, having fun, and fueling their brains!

Plus, extra features like Personalized Champs are exclusive to GoNoodle at home, and make playing even more awesome.

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!