

DEAR PARENT



This year our class will be using **GoNoodle** — a fun and free website that gets our bodies moving and hearts pumping with hundreds of games and videos. Think dancing, running, jumping, stretching, deep breathing, and more. It's the best!

If you're looking for ways to keep your child active after school or on the weekends, try **GoNoodle at home**. It's free and always will be.

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

- Get the wiggles out before homework time
- Keep your kids busy while you prepare dinner
- Throw a family dance party in your living room!
- Calm down before bedtime
- Turn screen time into active time

TO SIGN UP FOR A FREE HOME ACCOUNT!



1

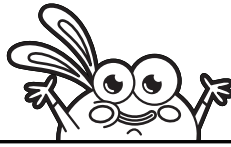
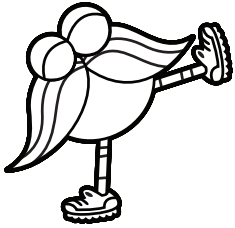
Go to www.gonoodle.com.

2

Click "Sign Up."


3

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



GoNoodle Bingo!

Directions: Complete a GoNoodle activity below and then color in its box. Color 5 in a row and you have BINGO!

<p>Milkshake</p> 	<p>Dance Like This Dude</p> 	<p>Clap Stomp Jump</p> 	<p>Rock Out</p> 	<p>The Maxarena</p> 
<p>Release Your Warrior</p> 	<p>Fish & Eggs & Vinegar</p> 	<p>Feel So Close</p> 	<p>Cat Party</p> 	<p>'I' to the 'L'</p> 
<p>Baby High Five</p> 	<p>Spread Love</p> 	<p>A-Moose-Ta-Cha</p> 	<p>Pump It Up</p> 	<p>Tune In To Your World</p> 
<p>Good Feeling</p> 	<p>Super Scooper</p> 	<p>McPufferson in "Infernal Galop"</p> 	<p>Pat 'N' Rub</p> 	<p>Doggy High Five</p> 
<p>Too Hot</p> 	<p>Pop See Ko 2.0</p> 	<p>It's Party Time</p> 	<p>Give It To Me</p> 	<p>Propeller</p> 