

5 WAYS TO USE GONOODLE!

1. MORNING MEETING

Pick a stretching brain break to get the day started on the right foot.

My Pick: TIGHT ROPE with MAXIMO



2. SUBJECT TRANSITIONS

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

My Pick: POP SEE KOO by KOO KOO KANGAROO



3. AFTER LUNCH OR RECESS

Calming breaks are helpful to bring everyone back down to Earth so we can transition into learning.

My Pick: AIRTIME SPACE

4. BEFORE (AND AFTER) A BIG TEST

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

My Picks: FLOW before a test. HAPPY with ZUMBA KIDS after a test.

5. INDOOR RECESS

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

My Pick: Mega Mix #3

VISIT BLOG.GONOODLE.COM FOR MORE WAYS TO GONOODLE



Kara B., 4th grade teacher

"When I first discovered GoNoodle, I thought it looked fun, but wasn't sure if it would become one more thing to fit in to my day. Now, I can't imagine my classroom without GoNoodle, and I'm excited to help you find the time greater focus."



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