

---

# WEEKLY NEWS

---

## GoNoodle



GoNoodle: Good Energy at Home is a free online resource that provides tons of ways for kids and families to be active, stay mindful, and keep on learning!

For the next 2 weeks give GoNoodle: Good Energy at Home a try

Videos on

Movement, yoga, and mindfulness videos

Downloadable curricular activities

Recommended off-screen home activities