

MOVE & LEARN AT HOME WITH
GONoodle
GOOD ENERGY!

Color in each square as you complete the activity!



<p>Make Your Own Patterns with Blazer Fresh in Banana Banana Meatball!</p>	<p>Create a sign to remind everyone to wash their hands for 20 seconds. You can practice with Moose Fabio in our Healthy Habits Video!</p>	<p>Challenge your body and brain with 'I to the L' with Mr. Cat Man.</p>	<p>Frustrated with staying inside? Find your calm with The BEST TEES in Bubble Breath!</p>	<p>Pick your favorite Indoor Recess mix and be active for ten minutes or more!</p>
<p>Make your own exercise routine! Gather inspiration with Fresh Start Fitness in High Velocity!</p>	<p>Use the Blazer Fresh Costume Kit to join the group for the day! Then do your favorite Blazer Fresh video!</p>	<p>Be a Champ and learn how to draw a Champ with the video, HOW TO Draw McPufferson!</p>	<p>Ask a grown up to download the new GoNoodle Games app! Use your body to steer Zapp through space in Zapp Von Doubler's Space Race!</p>	<p>Grab two partners and challenge yourself to do the Triangle Dance with MooseTube!</p>
<p>Decorate a tissue box with art supplies while watching Stop the Spread of Germs with Arnstar.</p>	<p>Learn the cardinal directions with the Best Tees in Never Eat Soggy Waffles and then make up your own song about a silly food!</p>	<p>Practice expressing your emotions with Blazer Fresh with a Mood Walk around your house!</p>	<p>Color in a green circle or another object and post it in your home to help you focus. You can practice Strengthening Your Focus with our friends from Empower Tools.</p>	<p>Feeling cooped up or antsy? Melt away boredom and icky feelings with the Melting video.</p>
<p>Free space! Do your favorite GoNoodle activity!</p>	<p>Learn more about a friend or family member with the In The News: Student Interview activity sheet.</p>	<p>Ask a grown up to download the new GoNoodle Games app to jump, dodge, and hold a pose with your favorite GoNoodle Champs!</p>	<p>Come up with a hilarious joke to tell your friends just like McPufferson in Run the Red Carpet!</p>	<p>Learn How to Floss from Blazer Fresh, and then make up your own dance tutorial to teach someone you favorite dance move!</p>
<p>Make your own ice cream with How TO Make Ice Cream in a Bag and have an ice cream party! Or draw a picture of an ice scream sundae!</p>	<p>Organize your family's shoes from smallest to largest and then dance along to Footloose with NTV!</p>	<p>Move along with Moose Tube with If I Were Not a GoNoodler and think about what you want to be when you grow up! Then, write about or draw a picture of what you want to be!</p>	<p>Color this handout! Were you able to complete an activity each day?</p>	<p>Make a list of things worth celebrating and celebrate them all with an Awesome Sauce Victory Dance!</p>