

DEAR PARENT,

This year, our class used GoNoodle to keep us active and engaged in the classroom. GoNoodle provides dance-alongs, yoga videos, mindfulness activities, and other awesome ways to move! Everything in GoNoodle is created to energize or calm, stimulate or relax, recharge or focus the body and mind.

Soon, you'll be able to play GoNoodle at home in brand new ways! Launching just in time for summer, GoNoodle's free home experience will be available on the web, iOS, Android, or Apple TV!

WAYS TO GONOODLE THIS SUMMER:

- **GoNoodle is active screen time:** GoNoodle helps days run smoothly by providing movement activities your kids love and you can feel good about!
- **GoNoodle together:** Have a family dance-off, do some sibling yoga, or groove to your kitchen soundtrack!
- **GoNoodle on-the-go:** Dance in the carpool line, while waiting for dinner, or hanging at big sister's soccer game. GoNoodle brings more movement into your everyday places, spaces, and routines.

**Sign up now and be the first to get a
free family account this summer!
about.gonoodle.com/gonoodlefamilies**

