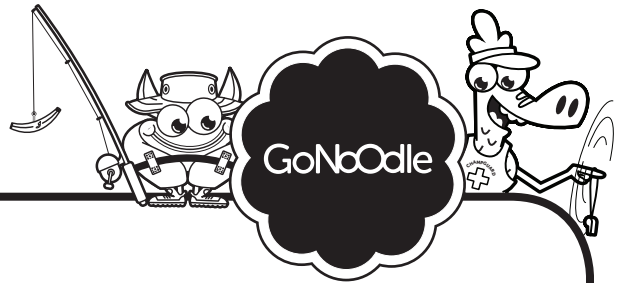


Dear Parents,



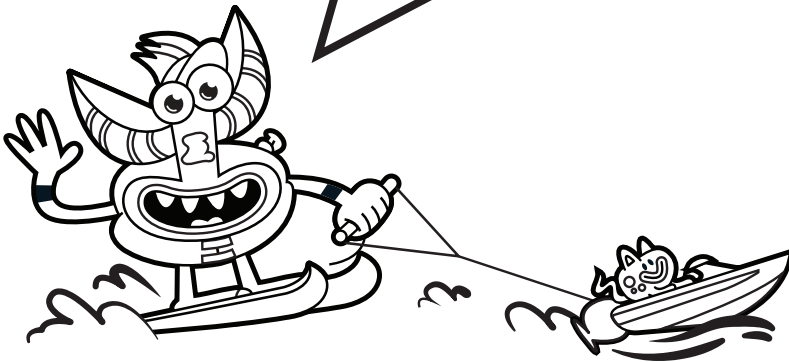
This year our class has loved using **GoNoodle** — a fun and free website that gets our bodies moving and hearts pumping with hundreds of games and videos. Think dancing, running, jumping, stretching, deep breathing, and more. It's the best!

If you're looking for ways to keep your child active this summer, try **GoNoodle at home**. It's free and always will be.

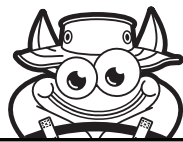
You can use **GoNoodle at home** to...

- Turn screen time into active time
- Burn off extra energy on bad weather days
- Keep your kids busy while you prepare dinner
- Calm down before bedtime
- Throw a family dance party in your living room!

To sign up for a home account:



1. Go to **www.gonoodle.com**
2. Click "**Sign Up.**"
3. Sign up as a "**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> 