

Movement Break Resources

1. GoNoodle

- <https://www.gonoodle.com/>
- <https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>

2. Cosmic Kids Yoga

- <https://www.cosmickids.com/>
- <https://www.youtube.com/user/CosmicKidsYoga>

3. The Learning Station

- https://www.youtube.com/channel/UC4Hdb26_xnPQsntwLazMqYw

4. Sanford *fit*:

- *fit*Boost Activity (exercises for kids)
<https://fit.sanfordhealth.org/resources/fitboost-activity>
- *fit*Flow Activity (yoga for kids)
<https://fit.sanfordhealth.org/resources/fitflow-activity>