Movement Break Resources

1. GoNoodle
   - https://www.gonoodle.com/
   - https://www.youtube.com/channel/UC2YBT7HYqCbbvu3kKZ3wnw

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