



Movement Break: Suggested Options

Note to Facilitator

1. Preview and test video sound level before using.
2. Open video link in your browser and cue up before starting.
3. Clear movement space of any obstacles or tripping hazards (bags, backpacks, cords, etc.).
4. Encourage everyone to join in and adapt movement to individual limitations.
5. Provide time during Breaks to visit the restroom.

Suggested [GoNoodle](#) Movement Videos

- [Get Energized](#) (4:00) - Stretch & Breathe
- [Swirling](#) (2:58) - Mindful Breathing & Focus
- [From Mindless to Mindful](#) (3:09) - Mindful Breathing
- [Relieve Anxiety](#) - (3:40) - Breathe & Stretch
- [Grow Gratitude](#) (2:40) - SEL Breathe & Relax
- [Mood Walk](#) (4:20) - Partner or Group SEL & Play
- [Triangle Dance](#) (2:15) - Triad Energizer & Play
- [Are You More Like a Foot or a Sock?](#) (3:13) - Group Move & Play