



GoNoodle is a website that provides short brain breaks that are fun and engaging. GoNoodle can be found at www.gonoodle.com and sign up is free. Simply create an account to get started. There are many different types of brain breaks including yoga poses, breathing exercises, stress relievers, energizers, etc.

GoNoodle is great for students but can also be used during staff meetings, professional development or anytime that you have groups of people sitting for long periods of time.