



Meaningful Movement in the Classroom

November 7, 2019 from 1:30–2:45pm

Sara Carrico
Angela Conway

The background features a large, light blue dashed circle that frames the central text. Various solid-colored circles in teal, lime green, orange, and pink are scattered around the perimeter. Some circles overlap, creating a layered effect. A large teal ring is in the top left, a large yellow ring is in the bottom right, and a large green ring is in the bottom left.

Meaningful Movement in the Classroom

Hello!

Meet your Presenters:



Sara Carrico

2nd/3rd Grade Teacher
Meredith-Dunn School
Louisville, KY

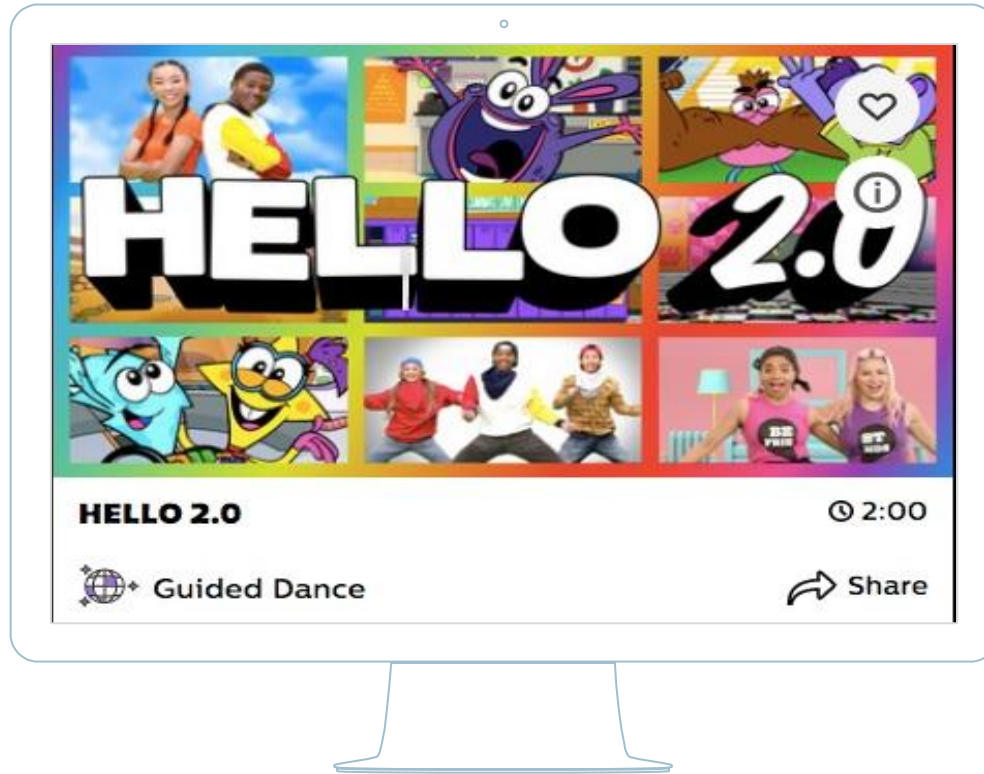
scarrico@meredithdunnschool.org



Angela Conway

3rd Grade Teacher
Meredith-Dunn School
Louisville, KY

aconway@meredithdunnschool.org



Time to move with GoNoodle!

Please join us for a little movement
to get our afternoon started!

Big concepts

- ◎ Importance of Movement
- ◎ What is GoNoodle?
- ◎ Engaging Students with GoNoodle
- ◎ GoNoodle Plus
- ◎ Getting Started



The background is white and decorated with various colorful circles and dashed lines. In the top left, there is a large orange circle with a dashed red outline, overlapping a yellow circle. Below them is a small pink circle. In the top right, there is a green circle with a white dot in the center, a small orange circle, and a lime green circle with a dashed yellow outline. In the bottom left, there is a green circle with a dashed green outline, a large lime green circle, and a small cyan circle. In the bottom right, there is a large cyan circle with a white dot in the center, a small cyan circle with a dashed blue outline, and a small cyan circle. A large, light blue dashed circle is centered in the upper half of the page.

1

Importance of Movement in the Classroom

≧ BRAINS LOVE GONOODLE ≦

"Scans measuring brain activity of active vs. inactive kids show that the brain "lights up" differently while the kids perform the same cognitive tasks. More active children have efficient and effective brain activation patterns."

*- Dr. Laura Chaddock-Heyman, PhD
Research Scientist, University of Illinois-Champaign*



**AFTER SITTING
QUIETLY**



**AFTER 20 MINUTES
OF ACTIVITY**



scan compliments of Dr. Chuck Hillman,
University of Illinois

The background features a large, faint dashed circle. Various solid-colored circles and arcs are scattered around it. A teal circle containing a white double quote is positioned above the main text. Other colors include lime green, orange, yellow, and magenta.

“

“There is neuroscience magic
happening in students’ brains
after they move!”

Dr. Laura Chaddock-Heyman
Research scientist, University of Illinois-Champaign

A large orange circle is the central focus. Surrounding it are several other circles: a large blue one in the top left, a medium teal one, a small pink one, a yellow one with a dashed border and a white center, a green one with a white center, and a medium lime green one. A dashed blue line is also visible in the top left.

Movement can:

- Help relieve anxiety
- Help students adapt in a changing environment
- Decrease distraction
- Increase self-discipline and self-esteem
- Increase academic achievement

2

What is GoNoodle?

“GoNoodle is a website with over 200 movement and mindfulness videos that get kids out of their seats to dance, wiggle, stretch and breath.”



www.gonoodle.com

Which class would you like to play with?

+ New Class



Demo Class

297 minutes



Homeroom 2019

200 minutes



Math

112 minutes

GoNoodle

Discover

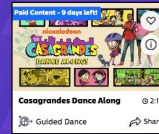
Categories

Channels

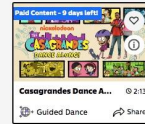


NEW on GoNoodle

Vamos! Dance along with Ronnie Anne and her tios, abuelos, all of her primos, a dog, a parrot and her amigos!



Featured on GoNoodle



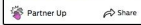
Casagrandes Dance A... @ 2:13



Madison Keys: Fast F... @ 1:17



Are you more like a fo... @ 3:13



Playing with Fire pres... @ 2:41




Social Emotional Learning



Flash Beaton

0/10

Discover
Categories
Channels


Curricular

Math

Science

ELA


Social Studies

Health Education

Music Education

Reading Practice

Spanish


SEL and Mindfulness


Boost Confidence

Build Compassion

Enhance Focus

Manage Stress

Practice Self-Control


Sensory and Motor Skills


Cross Lateral Skills


Coordination


Locomotor Skills


Body Awareness


oNEdie
Discover
Categories
Channels
















NEW STUFF!

















13



Demo Class

297 minutes

Our Champ Collection

Change Class

Extras

Account Settings

Invite Parents

Help

Log Out

GoNoodle PLUS

Join tens of thousands of teachers who are using the power of movement to improve student performance!

Discover

Categories

Channels



Extra! Extra!

Check back for GoNoodle tips and goodies for your class.

GoNoodle Character Costume Kit



October 7, 2019

GoNoodle Character Costume Kit

Costume templates for Blazer Fresh, the BEST TEES, Mr Catman, and more!

Blazer Fresh Costume Fan Pack



October 7, 2019

Blazer Fresh Costume

Channel your inner Blazer Fresh star by dressing up as one of the dapper rappers! Cut out glasses, a bow-tie and your favorite quotes for the ultimate costume and photo booth props!

BEST TEES Download Pack



September 6, 2019

BEST TEES Download Pack

Meet the BEST TEES with this packet filled with printable photo props and activities to help students be their BEST!

Meet Flash Bolton and a Classmate!



August 30, 2019

Meet Flash Bolton and a Classmate!

Learn facts about Flash Bolton and

GoNoodle Teacher Email Badge



August 15, 2019

GoNoodle Teacher Email Badge

Show the world that you're a

How To! Checklist



June 3, 2019

How To! Checklist

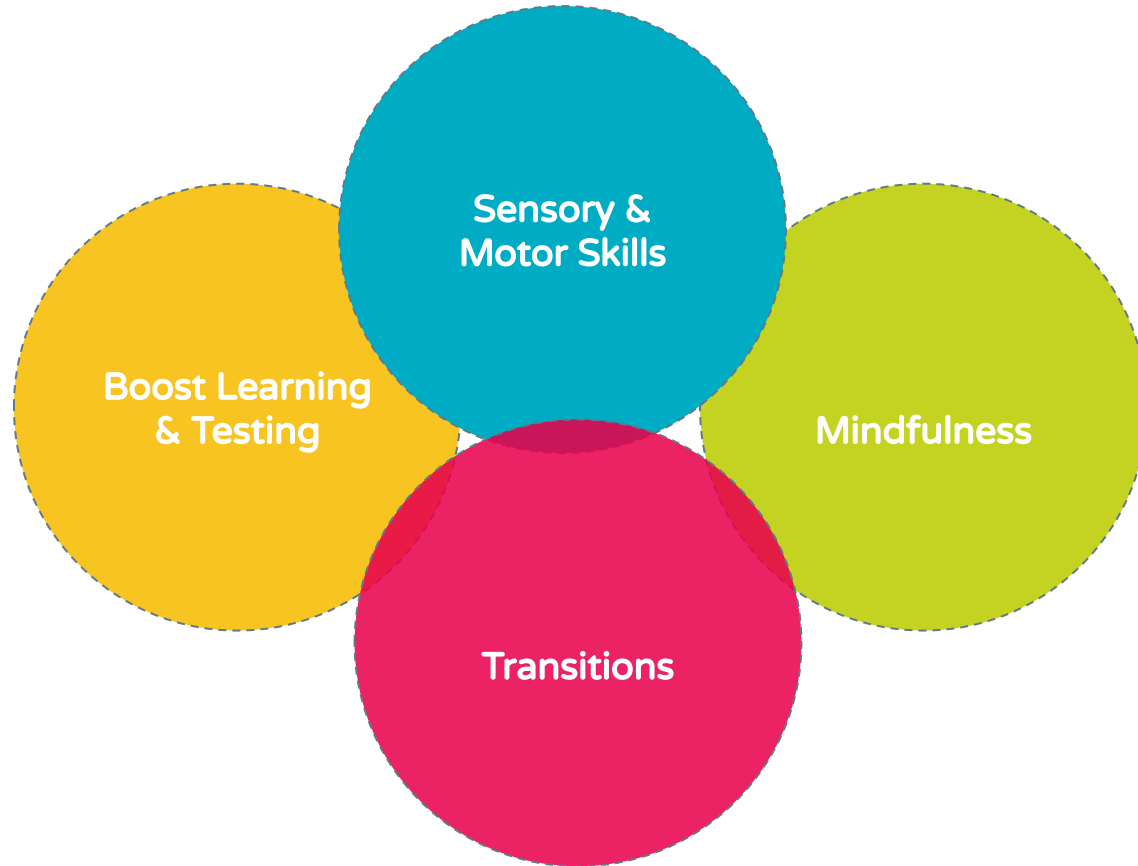
With the new How To! channel, kids can learn new tricks, crafts, and more. Use this checklist to set goals and keep

The background is white and decorated with various geometric shapes. In the top left, there is a large orange circle with a dashed red outline, overlapping a solid yellow circle. Below the yellow circle is a small pink circle. In the top right, there is a green circle with a white center, a small orange circle, and a yellow circle with a dashed green outline. In the bottom left, there is a green circle with a dashed green outline, a large yellow circle, and a small cyan circle. In the bottom right, there is a large cyan circle with a white center, a small cyan circle with a dashed blue outline, and a small cyan circle. A large dashed blue circle is centered in the upper half of the page.

3

Engaging Students with GoNoodle

Ways to Engage Students

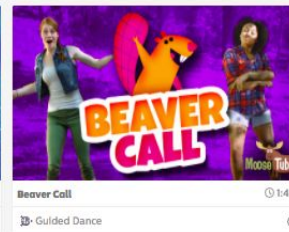


Sensory & Motor Skills

- Cross Lateral Skills
- Coordination
- Locomotor Skills
- Body Awareness
- Gross Motor Skills
- Fine Motor Skills
- Balance



MOOSE TUBE





BRAINERCISE WITH MR. CATMAN

GoNoodle

Discover

Categories

Channels



The background features a light gray dashed line forming a large circle. Various colored circles are scattered around: a large teal circle with a white center in the top left, a small teal circle below it, a large lime green circle in the top right, a small green circle below it, a small pink circle in the middle right, a large orange circle in the bottom right, a large yellow circle in the bottom right, a small yellow circle in the bottom left, a large green circle in the bottom left, and a small green circle in the middle left.

Mindfulness

The practice of being aware of your body, mind, and feelings in the present moment, thought to create a feeling of calm.

-Cambridge Dictionary



Mindfulness

**Boost
Confidence**


**Build
Compassion**

**Enhance
Focus**



**Manage
Stress**

**Practice
Self-Control**


FLOW

 GoNoodle **PLUS**

DiscoverCategoriesChannelsPlus




Flow




Let's Unwind 3:46

Stretch




From Mindless to Mindful 3:12

Breathe




Melting 3:43

Stretch




Victorious 3:37

Stretch




Rainbow Breath 3:45

Breathe




Weather The Storm 3:18

Breathe




Bring It Down 3:10

Breathe



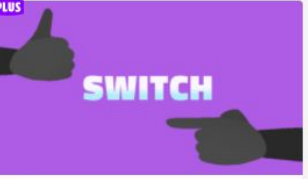
Chin Up 4:49

Stretch




On & Off 4:13

Breathe



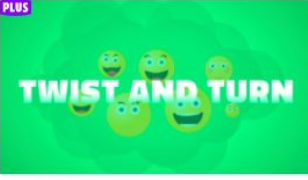
PLUS Switch 2:51

Brainnercise




PLUS Begin Again 3:21

Breathe




PLUS Twist and Turn 3:26

Stretch




PLUS Swirling 3:00

Breathe



PLUS Up and Moving 4:33

Stretch



PLUS Light as a Feather 3:26


Breathe

THINK ABOUT IT

GoNoodle PLUS


Discover Categories Channels Plus

Think About It




Be Kind 1:13

Breathe




Take On The Day 1:19

Stretch




Speak Up 1:14

Breathe




Be Grateful 1:19

Breathe




Forgive Others 1:10

Breathe




Go With The Flow 1:09

Breathe




Take Care Of The Earth 1:09

Breathe




Find Joy 1:10

Breathe




Choose Wisely 1:05

Breathe




Help Others 1:08


Breathe




Rest Well 1:13




Find Peace 1:19



Build Patience 1:17



You Are Courage 1:08



Try Your Best 1:12

EMPOWER TOOLS

Empower Tools



GET ENERGIZED

Get Energized

🕒 4:01



Stretch



TUNE IN TO YOUR WORLD

Tune In To Your World

🕒 4:31



Breathe



HAVE COMPASSION

Have Compassion

🕒 4:27



Breathe



RELEASE YOUR WARRIOR

Release Your Warrior

🕒 3:13



Stretch



MANAGE FRUSTRATION

Manage Frustration

🕒 3:49



Stretch



RELIEVE ANXIETY

Relieve Anxiety

🕒 3:40



Breathe



PLUS

LIVE IN THE MOMENT

Live In The Moment

🕒 4:31



Stretch



STRENGTHEN YOUR FOCUS

Strengthen Your Focus

🕒 3:44



Stretch



BE KIND TO YOURSELF

Be Kind To Yourself

🕒 4:23



Breathe



OWN YOUR POWER

Own Your Power

🕒 3:11



Stretch

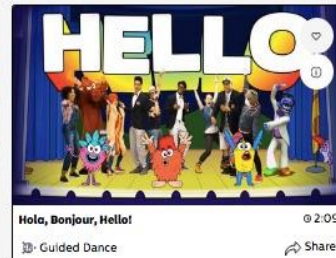




Transitions

- Starting the day
- Subject transitions
- Indoor recess
- After lunch or recess
- Ending the day

CLASS ROUTINES



KOO KOO KANGAROO



Pop See Ko 2:18
Guided Dance



Roller Coaster 3:16
Call & Repeat



Get Yo Body Movin' 1:57
Guided Dance



This Or That 2:11
Guided Dance



Skip Counting 2:25
Guided Dance



Secret Handshakes #1 1:38
Partner Up



Chillax 3:21
Stretch



Push All The Buttons 2:45
Guided Dance



Bestest Friend 3:19
Guided Dance



Shake Yo Foot 3:17
Guided Dance



Pirate Prep 2:52
Guided Dance



Hopscotch 2:26
Guided Dance



LMNOP 2:31
Guided Dance

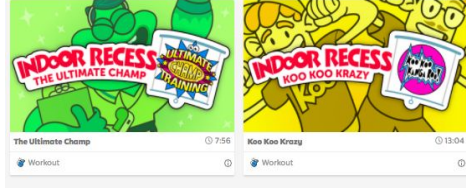
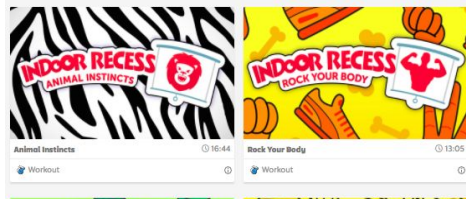


Wiggle It 1:32
Guided Dance



Awesome Rainbows 2:56
Guided Dance

INDOOR RECESS





Boost Learning

Reading Scores

Texas state test scores from Spring 2015 and Spring 2016 were used to examine student growth in reading knowledge and skills. The treatment group who regularly used GoNoodle showed 23% more growth than the control group who did not use it.



Math Scores

A study measuring mathematics knowledge and skills showed students who used GoNoodle Plus' Mega Math Marathon increased their scores by nearly 50% more than students who didn't play. Data was collected using the SAT 10 math scores from 600+ 4th and 5th grade students.



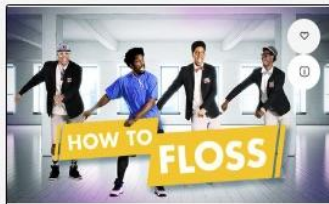
Curricular

Math**Science****ELA****Social Studies****Health Education****Music Education****Reading Practice****Spanish**

Blazer Fresh



I Use a Comma 3:14
Guided Dance Share



How to Floss 2:31
Guided Dance Share



By, Bye, Buy 3:03
Guided Dance Share



The Ball is in Your Court 2:53
Guided Dance Share



We Are Blazer Fresh 4:19
Guided Dance Share



Blazer Fresh Dance Tutorial: LiteFeet 3:51
Guided Dance Share



How to Whip 3:52
Guided Dance Share



Contraction Connoisseur 2:06
Guided Dance Share



Hollabaloo: Greater Than, Less Than, Equal To 2:40
Guided Dance Share



Celebrate 2:01
Guided Dance Share



Lunch 1:21



How to Dab! 3:41



Water Cycle 2:58



Think Like a Scientist 2:43

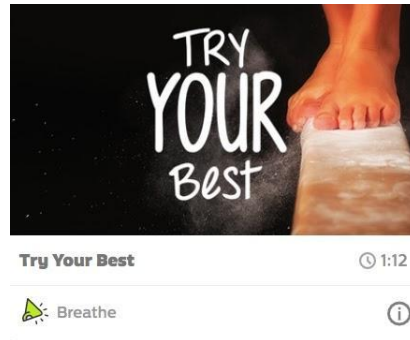
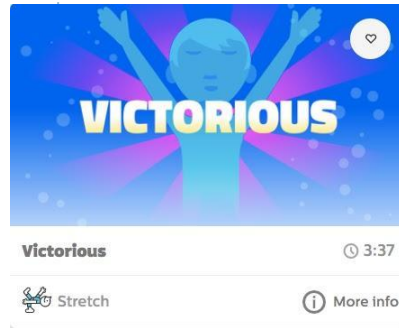


Getcha Money Right 2:46

Testing....

GoNoOdle

style!



4

GoNoodle Plus

GoNoodle Free

\$0/mo.

- ✓ 300+ movement and mindfulness videos
- ✓ Add your own YouTube videos
- ✗ 12 interactive core-aligned games
- ✗ Customize 6 games with your own questions
- ✗ 100+ printable Learning Extensions
- ✗ Monthly usage reports
- ✗ Volume discounts
- ✗ Training and support

GoNoodle **PLUS**

FOR TEACHERS

\$10/mo.

- ✓ 300+ movement and mindfulness videos
- ✓ Add your own YouTube videos
- ✓ 12 interactive core-aligned games
- ✓ Customize 6 games with your own questions
- ✓ 100+ printable Learning Extensions
- ✗ Monthly usage reports
- ✗ Volume discounts
- ✗ Training and support

Upgrade Now!

Your Plus trial ends in **29** days!

GoNoodle **PLUS**

FOR SCHOOLS

Contact us for pricing

- ✓ 300+ movement and mindfulness videos
- ✓ Add your own YouTube videos
- ✓ 12 interactive core-aligned games
- ✓ Customize 6 games with your own questions
- ✓ 100+ printable Learning Extensions
- ✓ Monthly usage reports
- ✓ Volume discounts
- ✓ Training and support

**Contact us about
Plus for Schools**

IF you like
GoNoodle,
you'll love
GoNoodle
Plus!



- ◎ More Videos
 - 2X the amount of videos
- ◎ 14 Customizable Games
 - Question Sets
 - Teacher-made questions
 - Question sets are shareable!
- ◎ Learning Extensions (Printable handouts)
 - Connect theme of video w/academic content

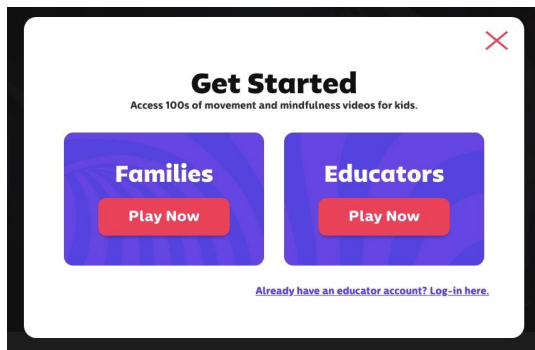
The background is white and decorated with various colorful circles and dashed lines. In the top left, there is a large orange circle with a dashed red outline, overlapping a yellow circle. Below them is a small pink circle. In the top center, a large blue number '5' is centered within a large dashed light blue circle. In the top right, there is a green circle with a white dot in the center, a small orange circle, and a lime green circle with a dashed yellow outline. In the bottom left, there is a green circle with a dashed green outline, a large lime green circle, and a small cyan circle. In the bottom right, there is a large cyan circle and a cyan circle with a dashed blue outline.

5

How Do I Get Started?

Sign Up in 3 Easy Steps

first



third



second



GoNoodle

[Our Impact](#)

[Learn More](#) ▾

[Educator Login](#)

[Get Started Now](#)

1 Your profile

2 Join your school

First Name

Last Name

Email address

Password



How did you hear about us?

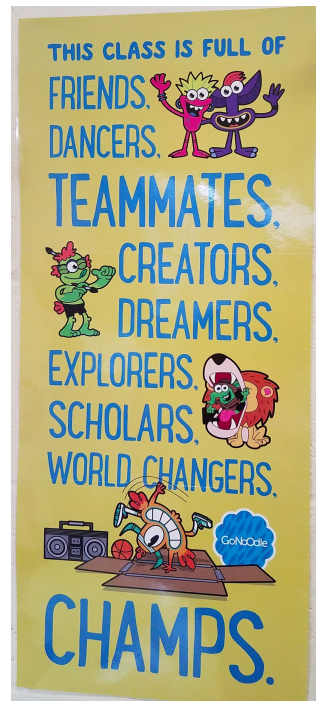
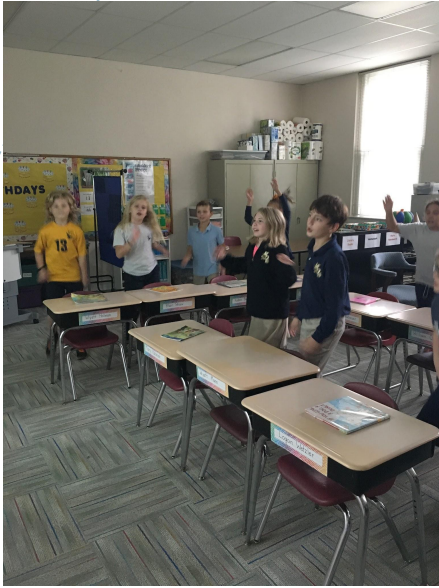


Birth year

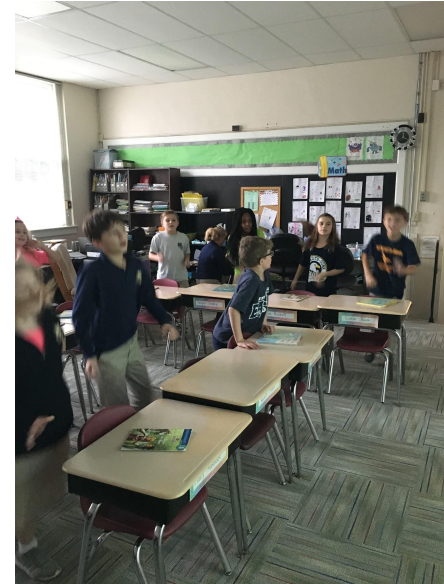


Next

Learn more about GoNoodle by reading our [Privacy Policy](#)



Start off small and HAVE FUN with it!!



Tips and Suggestions

- Participate
- Set boundaries
- Student choice





More Tips and Suggestions...

- Blog and FaceBook
 - blog.gonoodle.com
- Websites with resources
- Classroom theme
- GoNoodle meet-up



Thanks!



Any questions?

You can email us at
aconway@meredithdunnschool.org
scarrico@meredithdunnschool.org



Credits

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- © Poll Everywhere