



Whitstable Junior School

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Friday 17th April 2020

Dear Parents and Carers,

Hello and welcome to this week's **Feel Good Friday** letter. We hope that you have had a good week – the lovely weather certainly helps while we all stay home to save lives. **Feel Good Friday** is a great opportunity to stop and think. This Butterfly meditation video will help you all feel calm and relaxed. It certainly worked for my family 😊


https://www.youtube.com/watch?v=_mX4jBB1cBk

Also, at the request of Mrs Harris, here is the Go Noodle Maximo tightrope video.

<https://family.gonoodle.com/activities/tightrope>

So, shall we begin? Yes, yes we shall!

We enjoy using GoNoodle at school and below is a way to use GONoodle at home.



DEAR PARENT,

Our class uses GoNoodle to stay active and engaged in the classroom with dance-alongs, yoga videos, mindfulness activities, and other awesome ways to move while reinforcing educational topics. Great news! Your family can make screen time active and play GoNoodle at home for FREE!

2 Great Ways to GoNoodle at home:

GONOODLE VIDEO APP

- Dance with fun videos that focus on fine and gross motor skills, cross-lateral movements, and coordination.
- Move with GoNoodle mixes of favorite videos, packaged up for use at different times – bedtime, family time, and more.
- Practice mindfulness with videos that teach kids how to de-stress, manage their emotions, and resolve conflict.

GONOODLE GAMES APP

The new gonoodle games app gets kids moving, ducking, dodging and holding a pose with fast-paced mini-games. Download the free app on iPhone or iPad today! (Android coming soon)

- You can pop bubbles with Flo Yo!
- Race through space with Zapp Von Doubler!
- Do yoga poses with Om Petalhead!
- Make rockin' music with Squatchy Berger!

PLAY FOR FREE AT GONOODLE.COM

GoNoodle video On Mobile apps

Download on the App Store | GET IT ON Google Play

GoNoodle video on streaming devices

Download on Apple TV | Roku | Available on the Channel Store | available at amazon appstore

GoNoodle Games

Download on the App Store | Get it on Google Play

Have a great weekend and see you next week.

Ms Collin, Leanne and Naomi.

The Wellbeing Team

