

Try These FREE Physical Activity Boost Online Videos

Then Complete a Short Survey by February 28 to Be Eligible to Win a \$50 Gift Card

Whether you've been using physical activity during learning for years or are trying it for the first time, follow-along videos are a great way to provide kids with a physical activity boost. The four Active Schools partner organizations below offer a whole library of free videos that range from 1-15 minutes in length. Try them out – you will be hooked!

We know that teachers, parents, and caregivers are extremely busy, so we have worked with our partners to select four easy-to-use videos to inspire movement with young people. After you have tried all four (in yellow highlight below), complete the 7-question **feedback survey** to tell us how they worked for you and your young people and what ideas you have for future videos. On March 1st, there will be a random drawing for ten \$50 gift cards for those who completed the survey. Winners will be notified via email.

Activity Works

Activity Works engages students by combining physical activity and core-curricula content. Choose from 50+ animated episodes that take elementary students (K-4) on adventures to the Amazon rainforest, Great Barrier Reef, Colosseum, Mesozoic Era, art museums and space.

Try this one first: [The Cat & The Parrot](#) (7:23)

GoNoodle

GoNoodle's hundreds of movement and mindfulness videos are available for school, home and everywhere kids are. Go to [GoNoodle for Educators](#) and [Good Energy for Grownups](#) to get your kids moving!

Try this one first: [This Week's Featured Activity \(Video\)](#)

Hip Hop Public Health

Keep your spirits up and stay active with an instructional video collection of fun, standards-based dance breaks that can be done anywhere, anytime. On the online [resource center of 140+ videos](#), click on H.Y.P.E The Breaks and H.Y.P.E. Breakin' It Down (or another category) to engage young people of all ages, and their families, in physical activity breaks that offer a variety of intensity levels, progressions, and modifications.

Try this one first: [Slide-N-Glide](#) (7:51 minutes)

UNICEF Kid Power

The UNICEF Kid Power platform is designed for grades K-8 and features 150+ physical activity and social-emotional learning videos. UNICEF Kid Power enables you to build a community with your students around giving and philanthropy. Whether you're teaching remotely, or physically together, your kids will unlock lifesaving nutrition for severely malnourished children around the world just by participating with these Kid Power Up videos!

Try this one first: [Neon Lights](#) (3:26)

After trying these four physical activity boost videos, please complete the 7-question [feedback survey](#) and be eligible to win a \$50 gift card (10 awarded).