



ONLINE RESOURCES

Did you know?

- ✓ Physical activity improves academic performance?
- ✓ Movement supports social & emotional health by reducing anxiety and depression?
- ✓ Physical activity helps our overall health including our muscle and bone strength?

[Link with more information](#)

FREE ACTIVE CLASSROOMS ONLINE RESOURCES

- [Active Academics](#)
- [Activity Works](#)
- [Alliance for a Healthier Generation](#)
- [BOKS Bursts](#)
- [GoNoodle](#)
- [Hip Hop Public Health](#)
- [HOPSports – Brain Breaks](#)
- [OPEN Active Classrooms](#)
- [UNICEF Kid Power Ups](#)



Additional Resources – Quick Links

[America Heart Association: In-School Breaks](#)

[Eat Smart Move More \(NC\)](#)

[Move to Improve \(NYC\)](#)

[Springboard to Active Schools: Physical Activity Ideas and Tips](#)

Active Kids Do Better!