

Movement breaks

- GoNoodle: Videos for stretching, calming and moving
 - Milkshake: <https://app.gonoodle.com/channels/koo-koo-kangaroo/milkshake?source=explore-favorites>
 - Dance like this dude: <https://app.gonoodle.com/channels/awesome-sauce/dance-like-this-dude?source=explore-favorites>
 - Melting: <https://www.youtube.com/watch?v=fTzXFPh6CPI>
- Brain breaks: <https://www.youtube.com/watch?v=388Q44ReOWE>
- Belly breathing: <https://www.youtube.com/watch?v=WEwymikfrAQ>
- Kids yoga:
 - <https://www.youtube.com/watch?v=LZAaZDVqCiA>
 - Pédayoga (French) :
<https://www.educatout.com/activites/detente/index.html#98>
- French movement breaks:
 - WIXX: <https://www.youtube.com/watch?v=FGsU7AMpkwM>
 - H2Go:
https://www.youtube.com/channel/UC4LPARyW_EOvyLwemckxWEQ
- Movements:
 - Making big circles with your arms
 - Jumping jacks
 - Rocket jumps: start by squatting and jump to touch the sky!
 - Jumping on one leg
 - Stomping
 - Running in place
 - High knees
 - High knee march and clapping under your leg
 - Trunk twists : reach across your body, twisting it left and right
 - Bringing your knee to the opposite elbow
 - Pushups on a wall or a chair
 - March like a soldier
 - Skater jumps (jumping sideways from left to right)
 - Football march
 - Jumping
 - Frog jumps
 - Shrugging and relaxing your shoulders