


 <p><a href="http://www.gonoodle.com">www.gonoodle.com</a></p>	<p><b>Go Noodle:</b></p> <p>Turns screen time into active time; betters academic performance; creates great family fun Contains hundreds of videos that activate kids' bodies and brains.</p> <p>Free to sign up</p>
 <p><a href="http://www.cosmickids.com/">http://www.cosmickids.com/</a></p>	<p><b>Cosmic Kids:</b></p> <p>Make yoga and mindfulness fun for kids. Stories are told through yoga and are interactive for viewers.</p> <p>Free access: Monthly fee to watch Ad free</p>
 <p><a href="http://www.kidnetic.com/">http://www.kidnetic.com/</a></p>	<p><b>Kidnetic.com:</b></p> <p>This online site provides a range of both interactive online activities and ideas for physical play outdoors. Includes sections on healthy eating and a source of learning articles. Has a separate parent section.</p>
 <p><a href="http://www.runnersworld.com/kids-running">www.runnersworld.com/kids-running</a></p>	<p><b>Runner's World:</b></p> <p>Online magazine with a section dedicated to kids running. Contains links to a wide range of running resources and articles.</p>