







## Virtual Student Wellness Initiative

A focus on mental, emotional, and physical health.

	Go Noodle	<a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>
	The Body Coach TV	<a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a>
	YAMA Kids	<a href="https://www.youtube.com/channel/UCVFUv vA8BOEX3PrG9w1cwbw">https://www.youtube.com/channel/UCVFUv vA8BOEX3PrG9w1cwbw</a>
	Debbie Doo Kids	<a href="https://www.youtube.com/user/DebbieDooTV/videos">https://www.youtube.com/user/DebbieDooTV/videos</a>
	Get Kids Moving	<a href="https://www.youtube.com/channel/UCokO71NW3TgndaSNyHlqwtQ">https://www.youtube.com/channel/UCokO71NW3TgndaSNyHlqwtQ</a>
	Cosmic Kids	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>



Virtual Recess

[https://episidorg-my.sharepoint.com/:f:/g/personal/jcarras5\\_episd\\_org/Euqm9buP\\_oJGoJV6N22GPygBX6mgwbN4HspcRJLyIFac-A?e=YoEIIK](https://episidorg-my.sharepoint.com/:f:/g/personal/jcarras5_episd_org/Euqm9buP_oJGoJV6N22GPygBX6mgwbN4HspcRJLyIFac-A?e=YoEIIK)



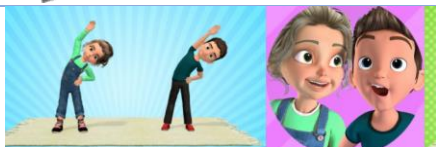
Just Dance

<https://www.youtube.com/channel/UC5-3tkqR92QINQyCrVocb1Q>



Kidz Bop

<https://www.youtube.com/user/KidzBopKids/videos>





Little Sports

<https://www.youtube.com/channel/UCTIwFB4ciFi5ZClu-VIwaOg>



Kids Beach Body

<https://vimeo.com/channels/1548698>

 <p>Core Blend Training and Wellness 2.74K subscribers</p>	Core Blend Training & Wellness	<a href="https://www.youtube.com/c/CoreBlendTrainingandWellness/videos">https://www.youtube.com/c/CoreBlendTrainingandWellness/videos</a>
	Fitbee Fitness	<a href="https://www.youtube.com/channel/UCSKwJrqQgG8yG9PYPotUJfw">https://www.youtube.com/channel/UCSKwJrqQgG8yG9PYPotUJfw</a>