

MORE RESOURCES ON THIS TOPIC

Should I stay or Should I go?

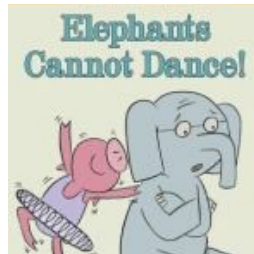
Websites:

- **Fluency & Fitness:** <https://fluencyandfitness.com/plans/>
- **GoNoodle:** <https://www.gonoodle.com>
- **SworKit Youth Workouts:** <https://app.sworKit.com/collections/kids-workouts>
- **Cosmic Kids Yoga YouTube Channel:** https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ

Books/Cookbooks:



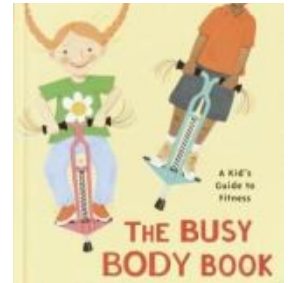
***Quickest Kid in Clarksville**
Pat Zietlow



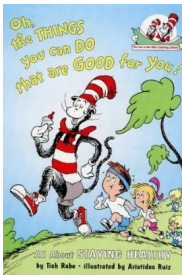
***Elephants Cannot Dance**
Mo Willems



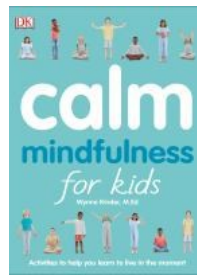
***Clifford's Field Day**
Norman Bridwell



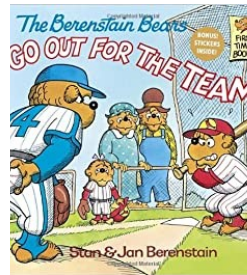
***The Busy Body Book**
Lizzie Rockwell



Oh, Things you can do that are Good for You
Trish Rabe



Calm: Mindfulness for Kids
Wynne Kinder



Go Out for the Team
Stan & Jan Berenstain

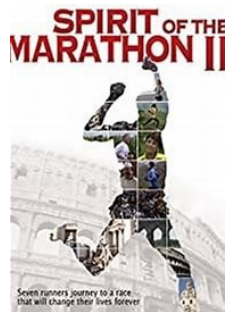


***Run Fast Eat Slow**
Shalane Flanagan

Documentaries/DVDs



***Free Solo**
(2019)



Spirit of the Marathon
(2015)



The Game Changers
(2019)



***Fat Sick and Nearly Dead**
(2011)

