

Looking to shake things up with virtual learning?

Move and stay active with other kids and families across Dane County this school year with...

Play fun movement games!

COMING SOON!

Learn brain & wiggle breaks!

GET UP & GO!

 Healthy Kids Collaborative

Dances!
Stories!
Sports!

Practice Breathing, Stretching

GET UP & GO!

Healthy Kids Collaborative's new physical activity, health, & wellness show. Coming to YouTube and SeeSaw starting October 1st!



Prizes and giveaways for viewers!
The more you move, the more you win!



Live episodes air Mondays & Thursdays
8:00-8:20am on Healthy Kids Collaborative's YouTube Channel

On-Demand episodes available on YouTube, Facebook, and partnering schools and teachers' SeeSaw.

Get involved! Want to add Get Up & Go to your school's SeeSaw Activities tab? Want Get Up & Go to join your classroom's morning meeting to lead movement-based activities? Contact Shawn Koval, Healthy Schools Coordinator: skoval@uwhealth.org



Healthy Kids Collaborative

