



Kid Power: Quick Start Guide

Get Active. Save Lives.

Kid Power is a free, digital platform designed to empower your students. Kids complete short, interactive videos where they **dance, move, play games, and learn**. By getting active, your students unlock lifesaving therapeutic food that Kid Power delivers to severely malnourished children around the globe. They also earn and give digital currency to make a positive impact in their own communities. The more kids move, the more lives they save. They're empowered as their actions make a real-world difference.

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Getting Started

- 1 Sign up for Kid Power.** It only takes 1 minute to sign up for this free program at gokidpower.org
 - 2 You're all set!** Start playing Kid Power Ups for your class from our library of 100+ videos.
 - 3 BONUS: Play videos at home.** To share Kid Power Up videos with your students at home, find a video your students will enjoy and click **"Assign to Class"**. This will generate a link you can email to your students' parents.
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Tips and Tricks

- 1 Watch the [Teacher Introduction Video](#).** Hear how educators use Kid Power in the classroom.
- 2 Play the [Student Introduction Video](#).** Show students what it means to be a part of the Kid Power team.
- 3 Play Kid Power Ups anytime your class needs a 5-minute break.** Kid Power provides the break your students need, whether it is a quick dance session, relaxing yoga or building social-emotional skills.
- 4 Unlock Impact.** As kids complete Kid Power Ups, they unlock therapeutic food packets for severely malnourished children. Students also earn Kid Power Coins to use in the Kid Power Exchange. From supporting a local food bank to planting trees, the Kid Power Exchange empowers kids to make a big impact, right in their own communities.