



Kid Power: Quick Start Guide

Get Active. Save Lives.

Kid Power is a free, digital platform designed to empower your child. Kids complete short, interactive videos where they **dance, move, play games, and learn**. By getting active, your child unlocks 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.

.....

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 kids from our library of 50+ videos.

.....

Tips and Tricks

1 **Play the [Student Introduction Video](#).** Show your kids what it means to be a part of the Kid Power team.

2 **Play Kid Power Ups anytime your child needs a 5-minute yoga class or dance party!** Kid Power provides the break your child needs, whether it is a quick dance session, relaxing yoga or building social-emotional skills.

3 **Unlock Impact.** As kids complete Kid Power Ups, they unlock therapeutic food packets for severely malnourished children. Children 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 difference, right in their community.