



# UNICEF Kid Power: Quick Start Guide

## Get Active. Save Lives.

**UNICEF Kid Power** is a free, digital program 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 UNICEF 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 UNICEF Kid Power.** It only takes 1 minute to sign up for this FREE program at [unicefkidpower.org](http://unicefkidpower.org)
  - 2 You're all set!** Start playing Kid Power Ups for your class from our library of 150+ 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"**. 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 UNICEF Kid Power in the classroom.
- 2 Play the [Student Introduction Video](#).** Show students what it means to be a part of the UNICEF Kid Power team.
- 3 Play Kid Power Ups anytime your class needs a 5-minute break.** UNICEF 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 community.