



# UNICEF Kid Power: Quick Start Guide

## Get Active. Save Lives.

**UNICEF 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 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/parents](https://unicefkidpower.org/parents)

**2** **You're all set!** Start playing Kid Power Ups for your kids from our library of fun videos.

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## Tips and Tricks

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

**2** **Play Kid Power Ups anytime your child needs a 5-minute yoga class or dance party!** UNICEF 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.