



get active.
save lives.®

Questions?

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UNICEF Kid Power

Keep getting active with your UNICEF Kid Power Band throughout summer and beyond!

If you've been part of UNICEF Kid Power at school, continue to help save lives after the program ends on June 14, 2019. Simply download the **UNICEF Kid Power App** on your tablet or smartphone at home, create an account and link your Band (you'll need an adult to help). Follow the steps below.

How It Works:

1. Take your Kid Power Band home. After the program ends on June 14, 2019 or your last day of school, bring your UNICEF Kid Power Band home. You should already have a UNICEF Kid Power Band charger at home. If you don't, make sure you get one from your teacher before the end of the school year.

2. Download the UNICEF Kid Power app. Search for "UNICEF Kid Power" in Google Play™ or the Apple App Store™. Download the App on a smartphone or tablet.

3. Create your account and link your Band. Follow the instructions to create a new account and register your Band.

Note: If your school year ends before June 14, 2019, your teacher will need to unlink your Band from your school team before you are able to use it at home.

Personal Activity Planner

You've taken tens of thousands—maybe hundreds of thousands—of steps with UNICEF Kid Power! Don't stop now. Stay active and help save more lives. Use this chart to help you plan activities you will do this summer. Stick with your favorites or try something new. Just keep moving!

Activity	How Long?
<i>Example: Jumping jacks</i>	<i>10 minutes per day</i>
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	