GETTING STARTED- 5 EASY STEPS!

1. DOWNLOAD THE APP

Download the app using the link in your welcome email or by searching The Kite Program on either of the app stores.

2. SIGN IN TO THE APP

Sign into the app using the user name and password given to you.

3. START YOUR FIRST KITE

Click 'View Your Kites' (main blue button on the bottom of the home screen) and select 'Intro Kite' as your first kite to complete. Work through the kite at your own pace. Each day you will receive one new activity. It is not possible to skip ahead days.

4. MAKE SURE YOU CLICK TICK

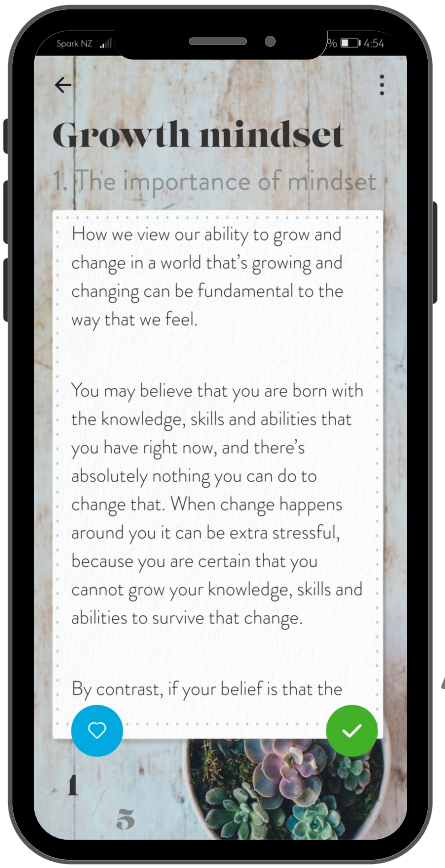
You will only receive a new activity when you tick the green tick! Make sure you remember to click the green tick at the end of every activity.

5. SELECT YOUR REMINDER

For a time that suits you to receive a reminder. We recommend putting it into your diary too- its important to prioritise your learning!

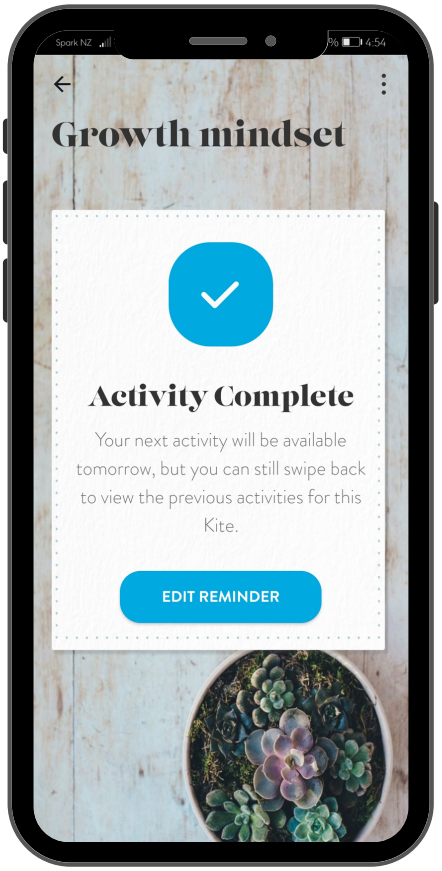
CLICK TO START THE INTRO KITE

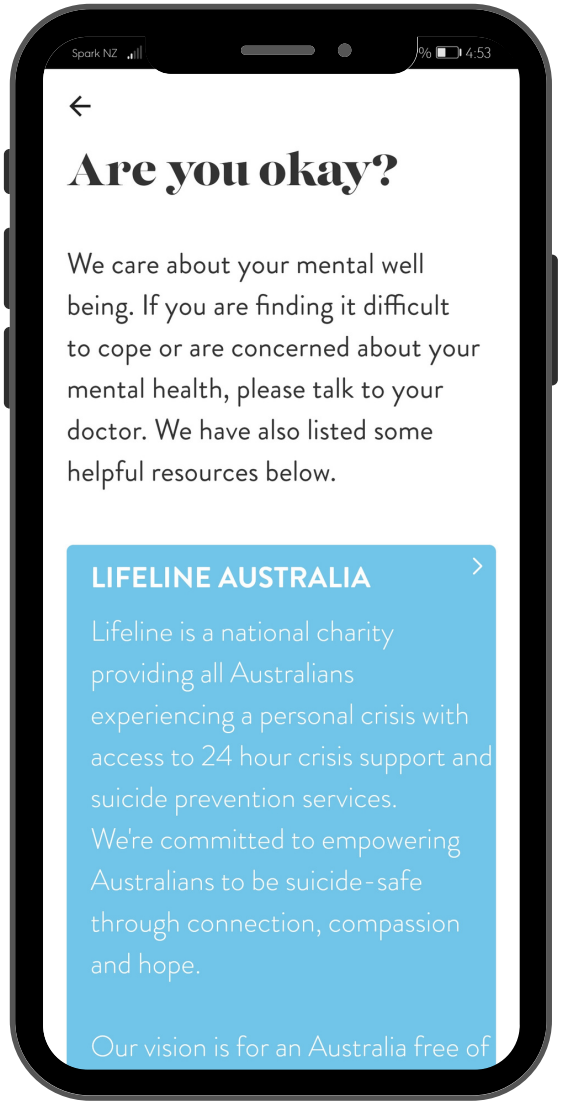
CLICK THE BLUE BUTTON TO START



COMPLETE YOUR ACTIVITY BY CLICKING THE GREEN TICK

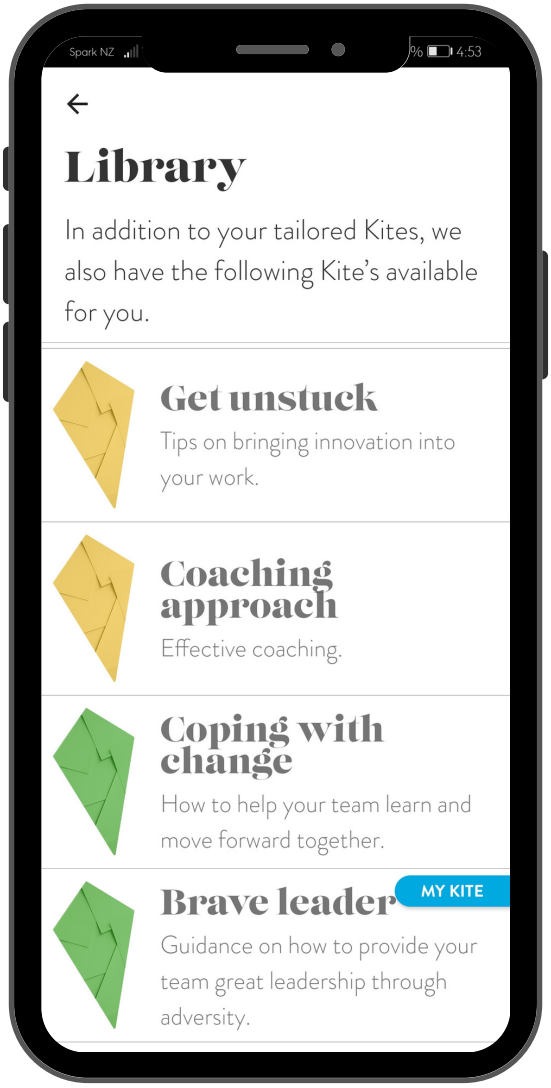
YOUR NEW ACTIVITY WILL ARRIVE TOMORROW





CLICK THE ARE YOU OKAY? BUTTON FROM THE HOME SCREEN TO ACCESS SUPPORT

ARE YOU OKAY?

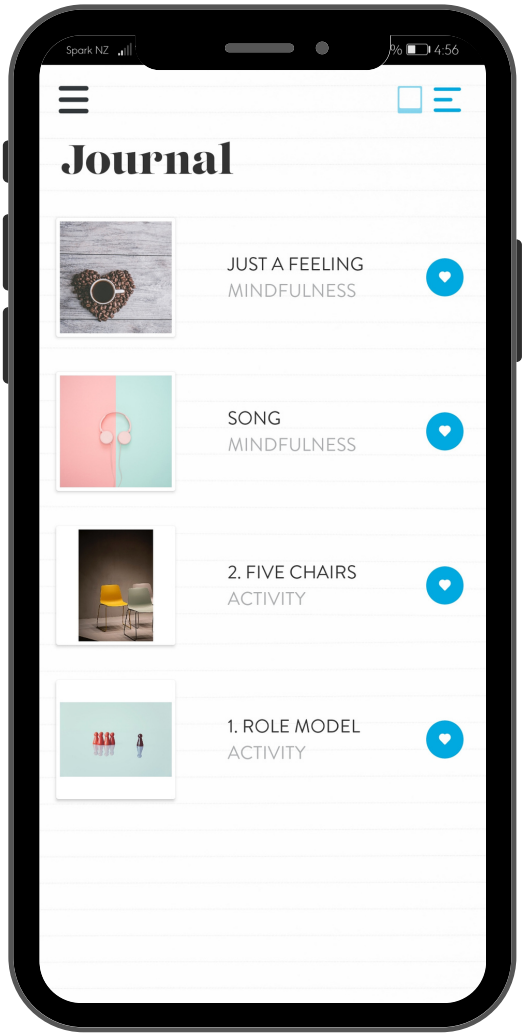


CLICK THE VIEW MORE KITES BUTTON ON THE HOMESCREEN TO ACCESS YOUR KITE LIBRARY

VIEW YOUR KITES

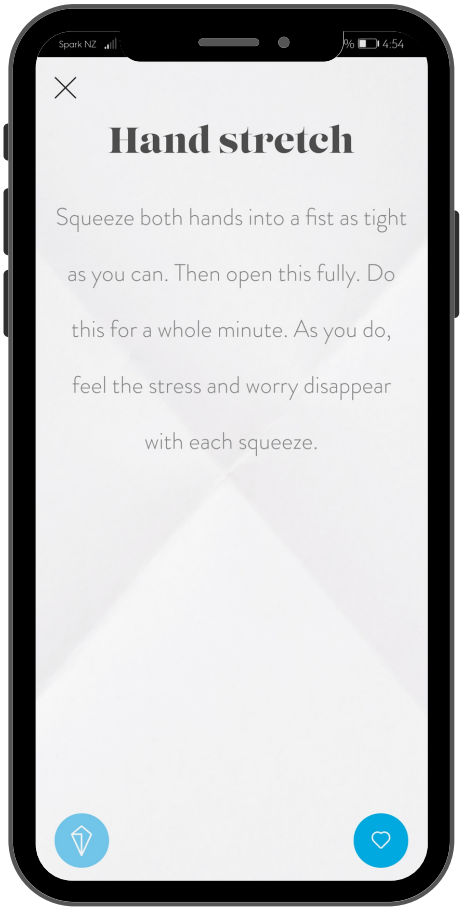
or view more Kites

Menu bar - click here to view your saved activities in the journal section.
You can also report any app issues through the support tab



Favourite activities will be saved as polaroids for you to review when you need. Just click the heart on your activity

ON THE GO MINDFULNESS BUTTON FOR QUICK AND EASY WAYS TO RELAX AND CALM YOUR MIND



KEEP CLICKING THE KITE FOR MORE ACTIVITIES. SAVE ANY ACTIVITIES YOU LOVE BY CLICKING THE HEART

PRIVACY

We provide you with a username and password which is based on your email. The app collects data on your current activity and kites completed. However, no personal or sensitive data is collected.

You can also read the Privacy Policy under the legal section in the app. Please note this policy refers to a questionnaire function which we have not used in our solution.

SUPPORT

For any tech issues you can email through the link in the app menu or email directly to support@thekiteprogram.com

If you struggle with any of the activities simply click the tick and move on.

The Are You Okay? section in the app lists many useful resources if you or your teams need any mental health support.