

# The Kidney Kid



# CREATE YOUR OWN SUPERHEROES!



The Kidney Kids are superheroes who enjoy the benefits of their healthy lifestyle and help children all over the world understand how amazing their kidneys are, and learn to keep their kidneys healthy!

Now, you can have the superheroes at home and stay healthy together!

## WHAT YOU NEED:



Scissors



Gluestick



A4 paper and printer

## ARE YOU READY?

Print the following pages on A4 paper to get started!



FRESENIUS  
MEDICAL CARE

[www.thekidneykid.org](http://www.thekidneykid.org)

KIDNEYS

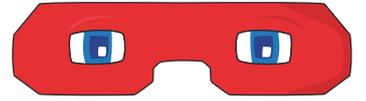
EYE MASK



GLUE TO BOX 3

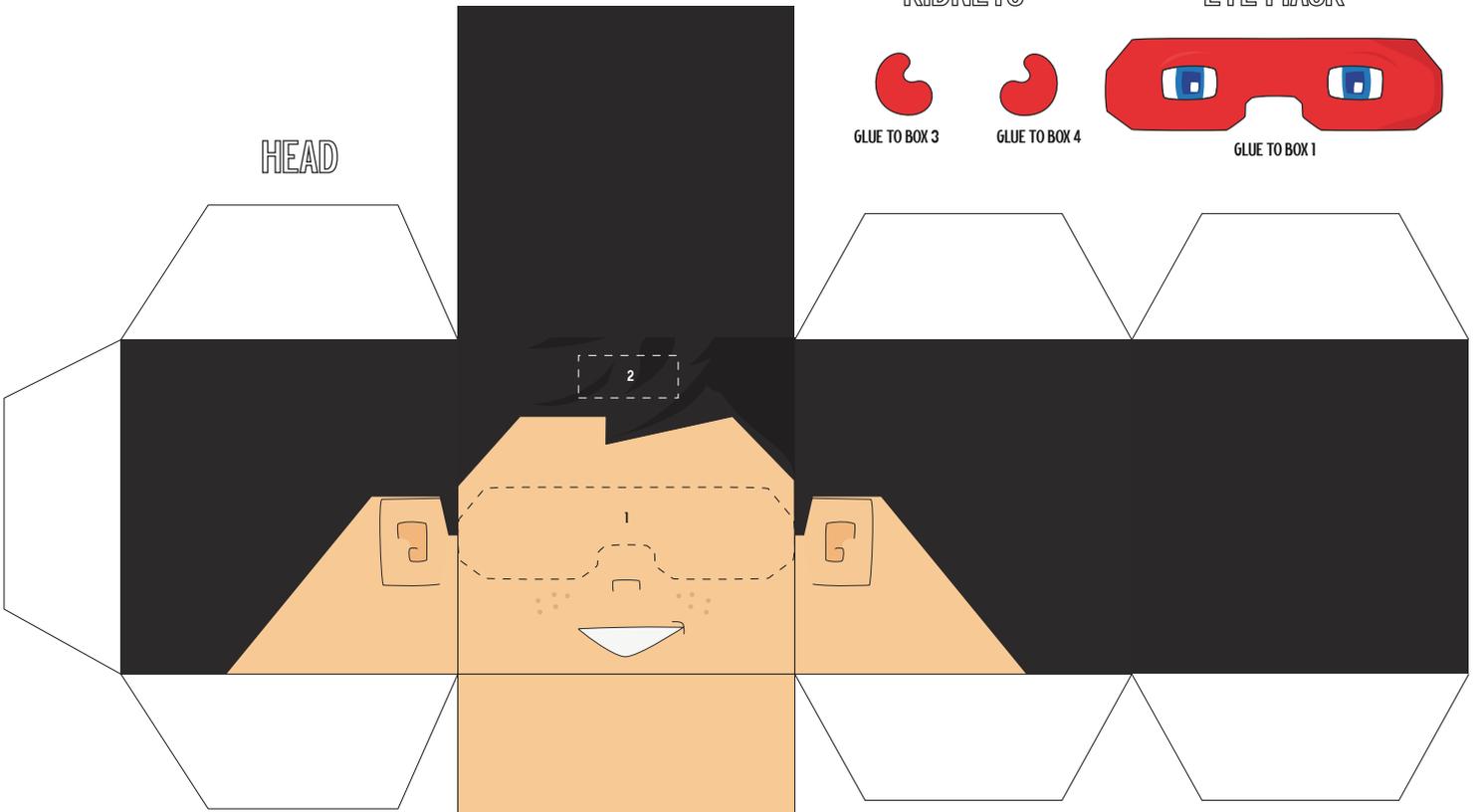


GLUE TO BOX 4

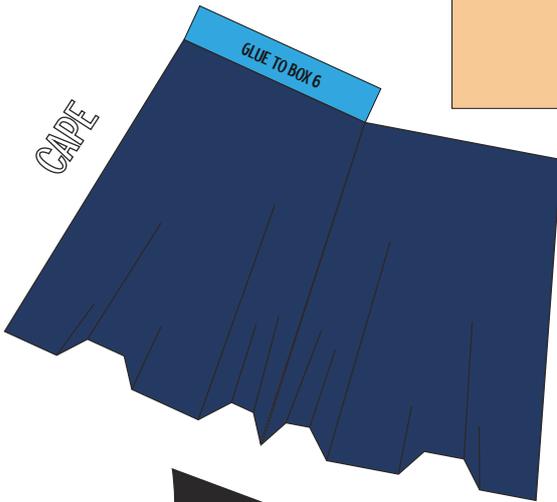


GLUE TO BOX 1

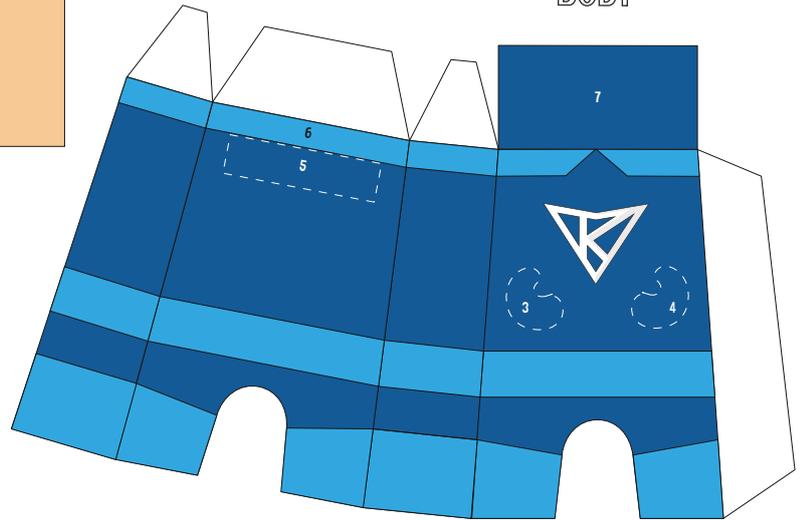
HEAD



CAPE



BODY

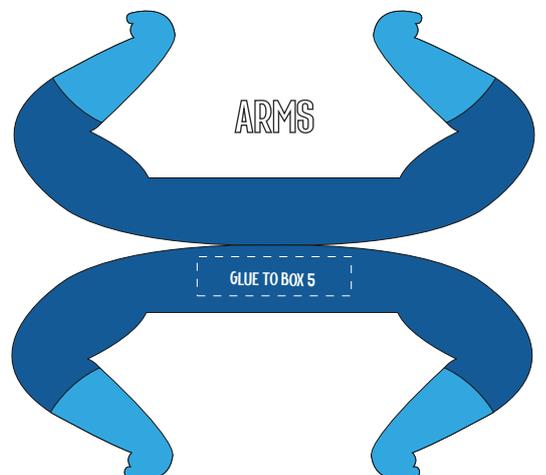


GLUE TO BOX 2

HAIR



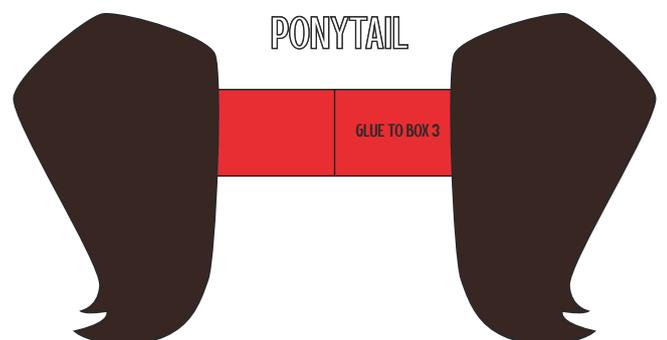
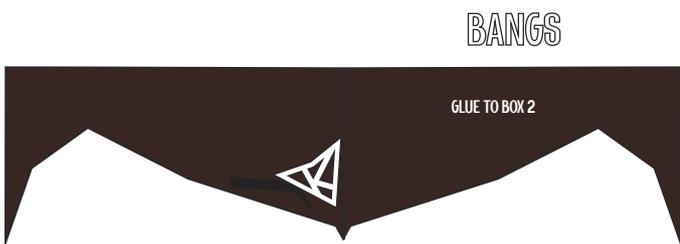
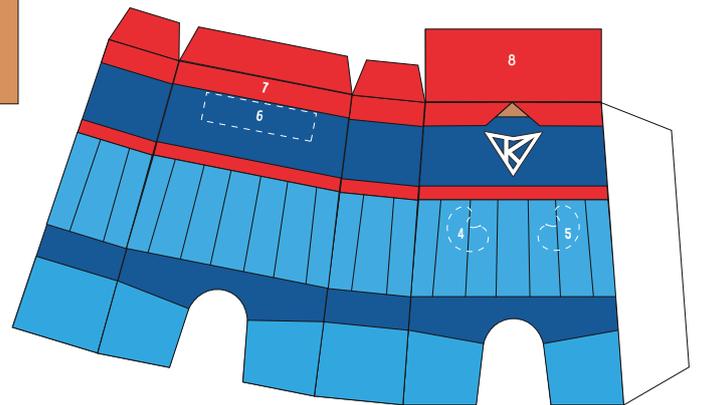
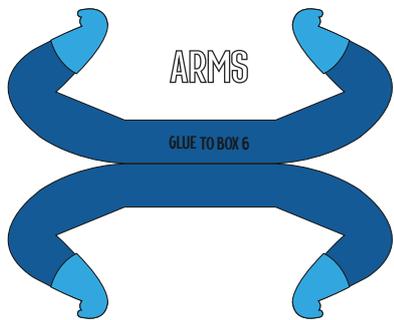
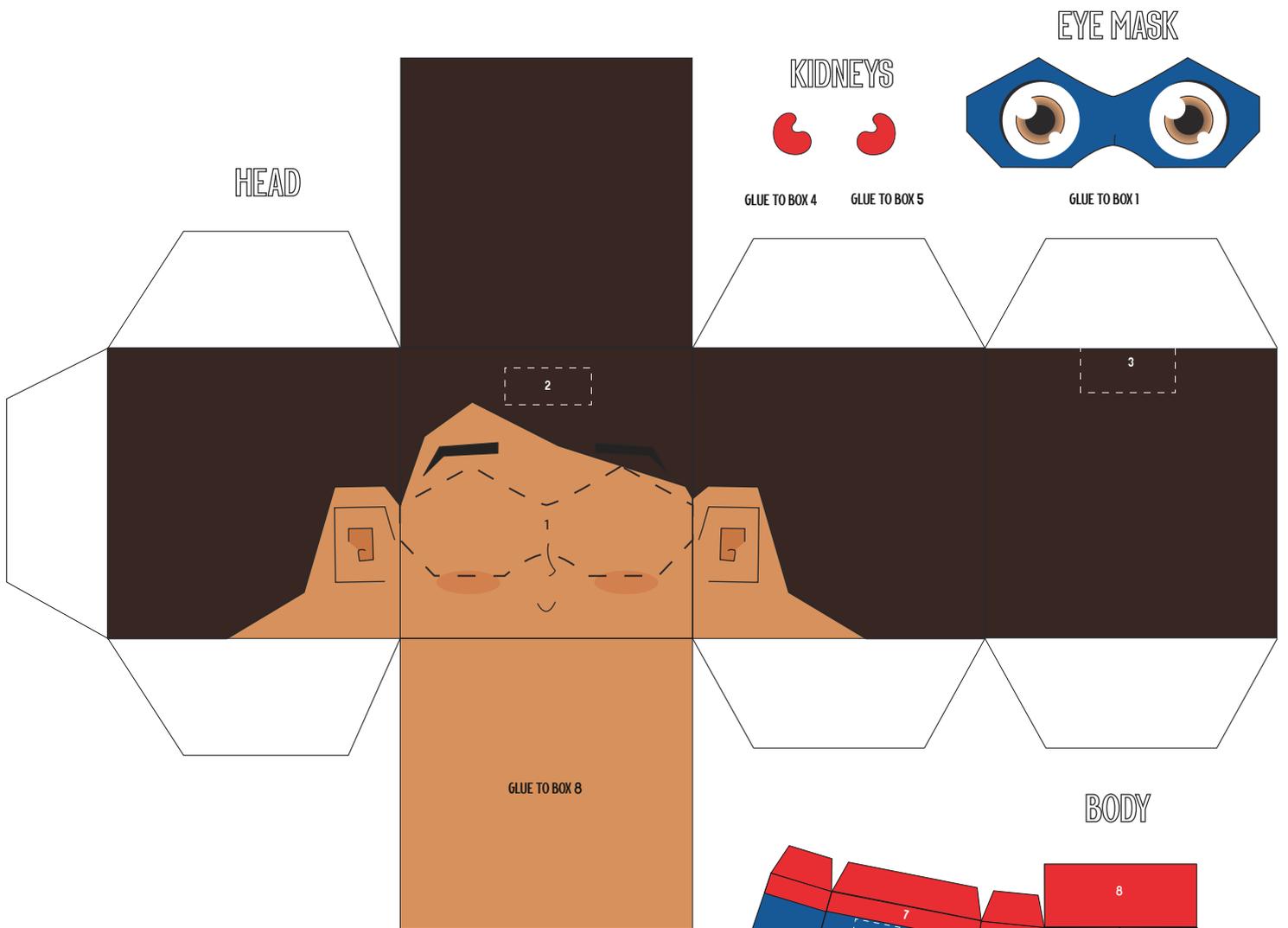
ARMS



**INSTRUCTIONS:**

1. Print and cut out all the pieces (be careful when you use the scissors!)
2. Glue the eye mask onto the face (Box 1)
3. Fold and construct the head in a box shape
4. Fold the hair and glue them together on the back to make the hair double-sided
5. Glue the hair to the head with the side marked 'Glue to Box 2'
6. Glue the two kidneys   on the body (Box 3 and Box 4)
7. Fold and construct the body
8. Fold the cape and arms in the center line and glue to make them double-sided
9. Glue the arms on the body (Box 5)
10. Glue the cape onto the back of the body (Box 6)
11. Glue the head onto the body (Box 7)

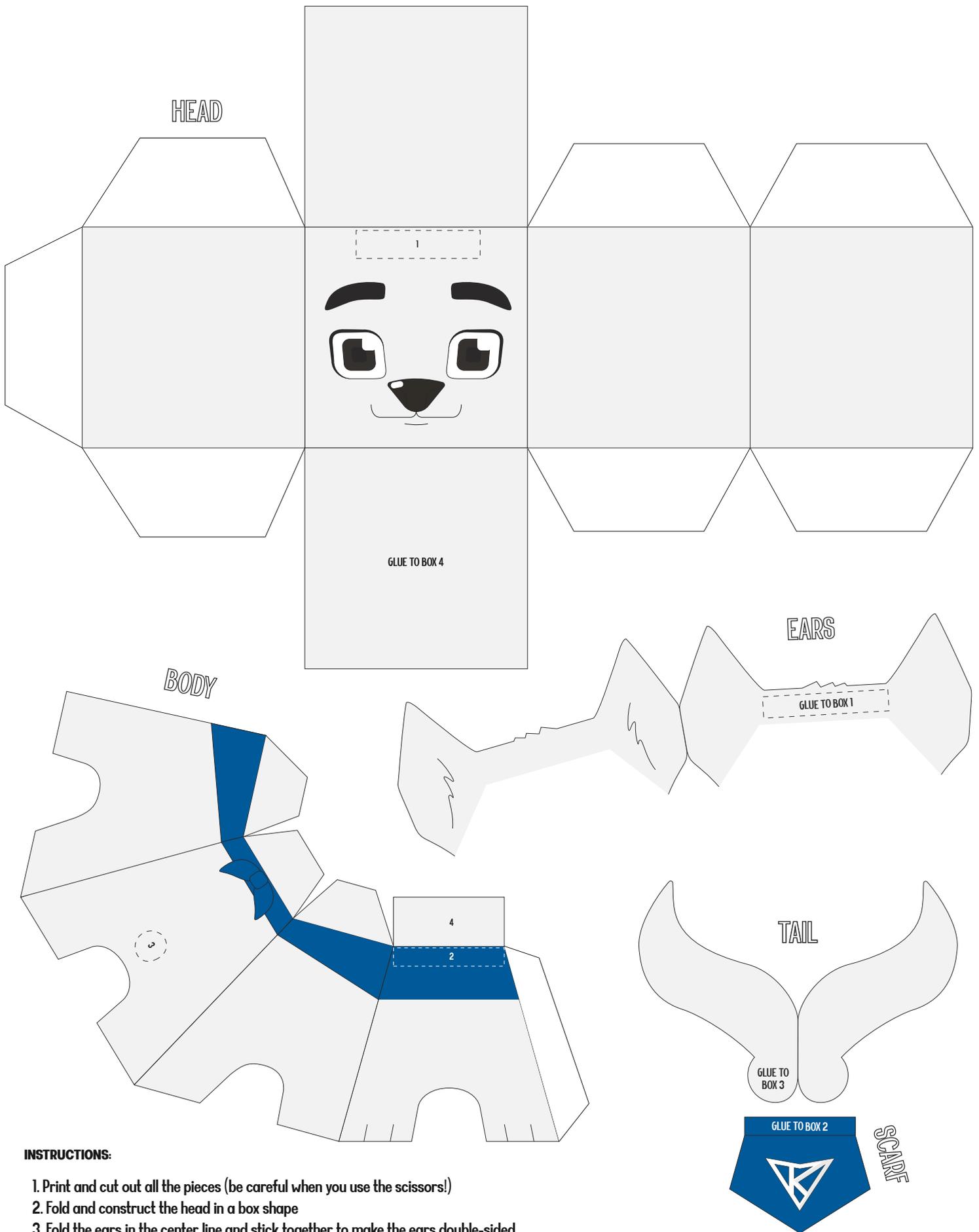
Enjoy!



**INSTRUCTIONS:**

1. Print and cut out all the pieces (be careful when you use the scissors!)
2. Glue the eye mask onto the face (Box 1)
3. Fold and construct the head in a box shape
4. Fold the bangs and glue them together on the back to make them double-sided
5. Glue the bangs to the head with the side marked 'Glue to Box 2'
6. Fold the ponytail in the center line and stick together  
then glue to the back of the head with the side marked 'Glue to Box 3'
7. Glue the two kidneys   on the body (Box 4 and Box 5)
8. Fold and construct the body
9. Fold the cape and arms in the center line and glue to make them double-sided
10. Glue the arms on the body (Box 6)
11. Glue the cape onto the back of the body (Box 7)
12. Glue the head onto the body (Box 8)

Enjoy!



**INSTRUCTIONS:**

1. Print and cut out all the pieces (be careful when you use the scissors!)
2. Fold and construct the head in a box shape
3. Fold the ears in the center line and stick together to make the ears double-sided
4. Glue the ears to the head with the side marked 'Glue to Box 1'
5. Fold and construct the body
6. Stick the scarf marked 'Glue to Box 2'
7. Fold the tail in the center line and stick together to make the tail double-sided
8. Glue the tail to the body with the side marked 'Glue to Box 3'
9. Glue the head onto the body (Box 2)

Enjoy!