To run an example, switch to that example's directory, and use `flutter run`. Make sure you have an emulator running, or a device connected over USB and debugging enabled on that device.

- `cd examples/hello_world`
- `flutter run`

You can also specify a particular Dart file to run if you want to run an example that doesn't have a `lib/main.dart` file using the `-t` command-line option. For example, to run the `widgets/spinning_square.dart` example in the examples/layers directory on a connected Android device, from that directory you would run: `flutter run -t widgets/spinning_square.dart`