



CLASSIC

Adobe Crafts for Seniors Kit

5 STEPS

About Project Helping

Kynd Kits are a program of Project Helping, a mental wellness nonprofit. Our mission is to make it ridiculously easy to volunteer because doing good is good for your mental wellness!

[Learn More at ProjectHelping.org](https://ProjectHelping.org)

When You Build a Kynd Kit - The Cycle of Impact



Tips for Building Your Kit

Helpful Tip for Building Your Kynd Kit

- Avoid politics and religion entirely.
- Use appropriate humor.
- Can't think of what to write, draw a picture!
- Use words of affirmation!
- Place a piece of paper in any canvas bag before drawing on the outside. This way, the marker will not bleed through the other side of the bag.
- Please keep your designs gender-neutral, inclusive, and age-appropriate.

Spanish Translation Options



English	Spanish
Be proud of yourself	Siéntete orgulloso/a de ti mismo/a
Thinking of you	Pensando en ti
Sending love	Mandándote amor
You got this!	¡Tú puedes!
You are stronger than you seem, braver than you believe, and smarter than you think.	Eres más fuerte de lo que pareces, más valiente de lo que crees y más inteligente de lo que piensas.
This time will pass and good things are coming your way.	Deberías sentirte orgulloso/a.
Keep moving forward and fighting for that future!	El próximo capítulo de tu vida será mucho mejor.
Thinking of you during this time and sending warm, supportive thoughts your way.	Estaré pensando en ti durante este tiempo y te mando pensamientos cálidos y de apoyo.
Start where you are. Use what you have. Do what you can.	Empieza donde estás ahora. Usa lo que ya tienes. Haz lo que puedas hacer.
I know this won't be easy, but I also know you've got what it takes to get through it.	Sé que no va a ser fácil, pero también sé que tienes lo necesario para poder pasar esto.

STEP 3 OF 5

Crafts for Seniors

Custom Kit Instructions

Your Crafts for Seniors kit includes three projects that will brighten the days of older adults served by nonprofits. Please return each project in its own Ziploc bag so we can share them easily with different organizations.

Craft #1: Create Origami

Please make at least 15 Korean hanbok by following the instructions in one of the YouTube videos below (or you may also use other instructions that you find).

[Instruction Link 1](#)

[Instruction Link 2](#)

[PDF Instructions](#)

With the remaining origami paper, please feel free to make whatever you would like to donate. You can look online for instructions and also watch YouTube and other videos. Please put all of your origami items together in one ziploc bag when you return the kit.

Craft #2: Decorate Bookmarks

Please decorate the paper inserts and then place them in the plastic sleeves. You may use the included stickers, pens, and/or your own art supplies. Please put all of the bookmarks together in one ziploc bag when you return the kit.

Craft #3: Make Cards

Please write a friendly note or make a general holiday card. **Please do not include religious or political messages.** You may use the included stickers, pens, and/or your own art supplies. You can also make something with the origami paper and glue/tape it to a card. Please put all of the cards together in one ziploc bag when you return the kit.

Decorate the ziplock bags (optional)

Using the provided supplies to decorate the 3 ziplock bags.

Pack your Crafts for Seniors Kit

Pack all the materials into the decorated plastic bags and put it back into the original box, being sure to separate the 3 crafts into the 3 bags.

- Please only include items that are UNOPENED and UNUSED

STEP 4 OF 5

Register My Kit (Optional)

Register your kit

To register and track your kits, you must visit the online instructions.

Registering your kit is optional.

STEP 5 OF 5

Thank You!

When you build a Kynd Kit, you create layers of impact for yourself and the community.
We appreciate your time and your support of our mission.

Cheers,

The Project Helping team