



CUSTOM

AIT – Cancer Support [Custom]

10 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!



KYND HUB

Kynd Hub

→ Build Your Kit on Kynd Hub

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.ph-impact{max-width:1080px;margin:0 auto;}

.section-eyebrow{font-size:.68rem;font-weight:700;text-transform:uppercase;letter-
spacing:.14em;color:#8a9bab;margin-bottom:.35rem;text-align:center;} .section-title{font-size:1.75rem;font-
weight:800;color:#1d3040;line-height:1.15;margin-bottom:.45rem;text-align:center;} .section-title
em{color:#439bc0;font-style:italic;} .section-sub{font-size:.9rem;color:#5a6a7a;line-height:1.6;margin-
bottom:2rem;text-align:center;max-width:520px;margin-left:auto;margin-right:auto;}

/* Flow row */ .flow{display:flex;align-items:center;gap:0;position:relative;}
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/* Step card */ .step{ flex:1; padding:1.75rem 1.25rem 1.5rem; text-align:center; border-radius:18px; border:1.5px
solid; position:relative; transition:box-shadow .2s; } .step:hover{box-shadow:0 6px 28px rgba(29,48,64,.09);}
.s1{background:#f4fbfc;border-color:#b3dde9;} .s2{background:#f0fbf8;border-color:#b3e8db;}
.s3{background:#f5f0fd;border-color:#d4bff5;} .s4{background:#fdf0f5;border-color:#f0b8d0;}

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font-size:.68rem;font-weight:800;margin:0 auto .7rem;color:#fff; } .n1{background:#439bc0;}
.n2{background:#1ec1a1;} .n3{background:#924cd8;} .n4{background:#de3c7a;}

.step-icon-wrap{ width:48px;height:48px;border-radius:14px; display:flex;align-items:center;justify-
content:center; margin:0 auto .8rem;font-size:1.3rem; } .iw1{background:rgba(67,155,192,.12);color:#439bc0;}
.iw2{background:rgba(30,193,161,.12);color:#1ec1a1;} .iw3{background:rgba(146,76,216,.1);color:#924cd8;}
.iw4{background:rgba(222,60,122,.1);color:#de3c7a;}

.step strong{font-size:.87rem;font-weight:700;color:#1d3040;display:block;margin-bottom:.35rem;} .step
p{font-size:.77rem;color:#5a6a7a;line-height:1.58;}

/* Arrow connector */ .arrow-conn{ flex-shrink:0; width:36px; display:flex; align-items:center; justify-
content:center; position:relative; z-index:2; } .arrow-conn svg{overflow:visible;}

/* Mobile */ @media(max-width:700px){ .flow{flex-direction:column;align-items:stretch;gap:.5rem;} .arrow-
conn{width:auto;height:28px;transform:rotate(90deg);} .section-title{font-size:1.4rem;} }

```

The Kynd Kit Cycle

Kynd Kits Create *Impact*

Every kit you build sets off a chain of good — for you, for a nonprofit, and for the whole community.

1
♡

You Volunteer

You volunteer, which benefits your mental health and wellbeing.

2



Help a Nonprofit

The kit you build is donated to a vetted nonprofit partner in need.

3



Fund Programming

Proceeds fund free, community-based mental health programming.

4



Sustain the Mission

Proceeds benefit Project Helping, a 501(c)(3) nonprofit.

projecthelping.org ↗

STEP 2 OF 10

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 10

Your Impact with AIT

Campaign Purpose

As part of AITCares' Fighting Cancer pillar, this comfort kit activity brings teammates together to support individuals and families impacted by cancer while demonstrating the compassion and community that define AIT. By assembling comfort kits for patients served by Corporate Angel Network (CAN), we are transforming our commitment to fighting cancer into meaningful action. This initiative also provides an opportunity to stand alongside our fellow AIT teammates who are cancer survivors, those currently navigating their own cancer journey, and the loved one who have been affected by this disease.

Campaign Impact

The comfort kits assembled during this event will be donated to Corporate Angel Network (CAN), helping provide comfort and encouragement to cancer patients traveling for treatment. Every kit serves as a tangible reminder that patients are supported by a community that cares. Through this collective effort, AIT teammates are helping bring hope, comfort, and compassion to those facing cancer while reinforcing AITCare's mission. Together, we are making a meaningful difference, one kit and one act of kindness at a time.

STEP 4 OF 10

Example Phrases To Use

Before You Build

These kits will be shared with families and individuals facing difficult or uncertain times in the hospital. Your thoughtful, kind words can make a difficult day a little brighter—thank you for helping spread care and compassion.

DO

- Be positive: Focus on hope, comfort, and inner strength.
- Use affirming and uplifting words: Offer gentle encouragement and warmth.
- Keep it simple and sincere: Short, heartfelt messages are best.
- Use inclusive language: Avoid assumptions, as well as political, religious, or gendered terms.
- Keep the tone gentle and compassionate: Avoid intensity or emotional pressure.

AVOID

- Mentioning illness, diagnosis, or recovery (e.g., “hope you heal soon”).
- Giving advice, instructions, or making assumptions about feelings.
- Using humor, sarcasm, or quotes from public figures.
- Including personal information or full names.
- Using timelines or future outcomes (e.g., “You’ll be home soon,” “Things will get better soon”).

SAMPLE NOTES “You are surrounded by care and kindness.” “Wishing you calm, strength, and comfort today.”
“You are not alone—there are people thinking of you.” “May this note remind you that you’re cared for and supported.”

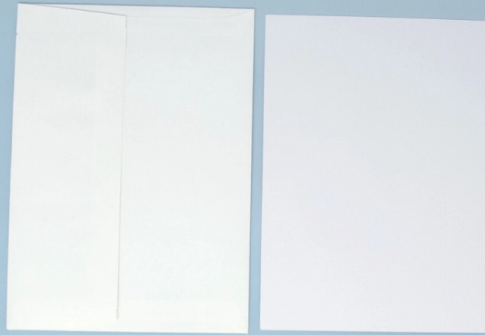
STEP 5 OF 10

Write a Note to the Recipient and Decorate the Envelope

Write a card and decorate the envelope using the enclosed materials. Express your encouragement and include a hopeful message.

Please ensure your message is **age-appropriate** and **avoids references to religion or politics**.

Before



After



STEP 6 OF 10

Decorate the Bag

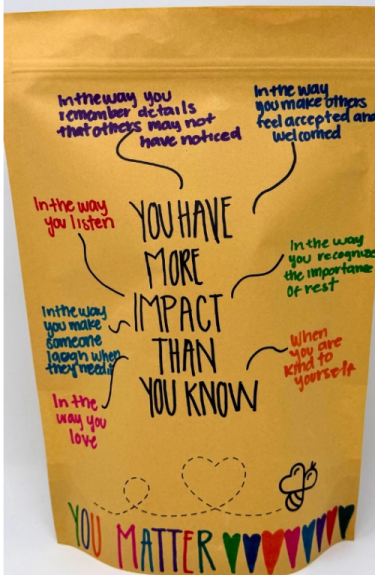
Decorate the kraft bag(s). This is what the final kit is distributed in, so try to make this fun and colorful for the recipient to open.

Please note: we are currently transitioning from plastic ziplock bags to kraft bags. Some kits may still include the plastic bag for you to decorate while we complete this transition.

Before



After



Before



After

YOU ARE beautiful YOU ARE kind
YOU ARE smart YOU ARE enough YOU
ARE amazing YOU ARE loved YOU ARE
bold YOU ARE important YOU ARE
worthy YOU ARE brave YOU ARE fierce
YOU ARE fearless YOU ARE needed YOU
ARE valuable YOU ARE courageous YOU
ARE powerful YOU ARE empowered ♥

Decorate the Playing Cards

Write encouraging messages, affirmations, jokes, or pictures on the **faces** of the playing cards for players to see when they are playing a card game.



After



STEP 8 OF 10

DIY Macramé Wristlet Keychain

(video tutorial below)

WHAT'S INCLUDED

- 2 long cords (98" each)
- 1 short/finishing cord (note: there are 2 short cords in your kit, you will only use 1 of them)
- Key ring
- Inspirational charm



You'll also need: Scissors and a small piece of tape

LET'S GET STARTED!

1. Attach the cords to the key ring

note: These cords are folded off-center, not in half — this gives you 2 shorter center cords and 2 longer outer cords to knot with.

Take your first 98" cord. Measure in about 24" from one end (roughly a quarter of the way along the cord, don't worry if it's not exact) and fold it there. Place the fold through the key ring as a loop, then pull both loose ends through that loop and gently tighten. Position it so the **short end sits on the right**.

Take your second 98" cord and fold it the same way, about 24" from one end. Attach it to the key ring the same way, but this time position it so the **short end sits on the left**.

You should now have 4 cords hanging from the key ring: the two short ends meeting in the center, and the two long ends on the outside. Check that both center cords are roughly the same length — nudge the loops through the ring if you need to even them up.









2. Secure your key ring

Use a small piece of tape to hold the key ring in place on your work surface. This will make knotting easier.



3. Start knotting

Starting a couple of inches below the key ring, use the two outside cords to tie a square knot around the two center cords.

To make a square knot, start on the left or right:

First half:

- Bring the left cord over the two center cords and under the right cord.
- Bring the right cord under the center cords and up through the loop on the left.
- Pull gently to tighten holding the center cords in place.

Second half:

- Bring the right cord over the two center cords and under the left cord.
- Bring the left cord under the center cords and up through the loop on the right.
- Pull gently to tighten holding the center cords in place.

Both halves together make one complete square knot.

Pro tip: If you lose your spot, just look at your last knot — whichever side has the knot sitting on top is the side you start from next. If you mess up, just untie the last knot and start again.







4. Continue the square knots

Repeat the square knot down the length of the wristlet.

Keep your knots close together and try to keep the tension even as you work.

Continue until you have created a wristlet that feels comfortable to hold around your wrist, typical is 12–14 inches.

5. Fold the wristlet

When you've finished knotting, fold the wristlet in half so the two ends meet near the key ring.

Make sure the cords are lined up neatly.





6. Secure the wristlet

Take the short/finishing cord and make a loop with one end — at least the length of the gap you're covering. Lay the loop against the folded cords, then, going around to the left, wrap the cord around and around, stacking each row snugly under the next. Wrap at least 4 times, making sure to leave the opening of the loop free (don't wrap over it).

Once you've wrapped as much as you want, feed the working end of the cord through the loop. Pull the other end of the loop to tuck it up and back underneath the wraps, then pull tight to secure everything in place.

Trim each exposed end of the finishing cord close to the wraps — being careful not to trim the wrapped cord itself.







7. Finish your wristlet

You can trim all remaining cord flush, or cut some of it to leave a fringe — whichever look you like best.



8. Add your inspiration!

Add the inspirational charm to the key ring.



YOU DID IT!

You've created your own macramé wristlet — a little reminder that doing good feels good.

https://youtu.be/ZHwD9_WcR2U?si=2ZVpZYSpFtk6NCVE

STEP 9 OF 10

Pack Your AIT Cancer Support Kit

Pack all of the materials into the decorated kraft bag and put it back into the original box.

- Please only include items that are UNOPENED and UNUSED

Your kit will be returned to Project Helping where our team will quality check each kit before they are sent to Corporate Angel Network (CAN) for distribution.

STEP 10 OF 10

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