



MAX

Back to School Backpack [Max]

11 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 11

Back to School [Max]

Before You Build

The average American family spends nearly \$700 on the back-to-school season for one child. Such costs threaten to overwhelm many families with lower incomes. With the growing expectation that kids will have access to technology at home, some cost projections are even higher. This sometimes puts pressure on teachers to buy and provide school supplies out of their own pockets.

Create and personalize a Kynd Kit to provide children in need with a brand-new backpack filled with school supplies and self-care essentials.

STEP 4 OF 11

Surprise Kyndness Notebook

Decorate the outside of the journal with a picture or uplifting message. Use random pages in the journal to write short, uplifting messages, draw small, colorful images, or create fun writing prompts for the recipient.



After

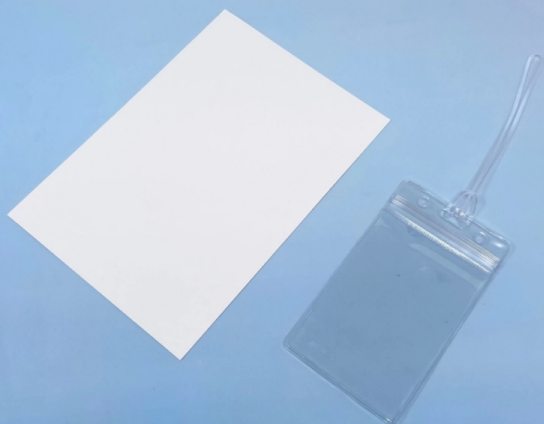


STEP 5 OF 11

Luggage Tag

Cut one of the blank cards to fit the luggage tag. Write an encouraging message, put it inside the luggage tag, and attach it to the outside of the backpack.

Before



After



Affirmation Notebook

DIY Affirmations

Find the mini affirmation notebook in your kit. Decorate the front cover with drawings, stickers, or a positive message. Then, open it up and write 3–6 affirmations inside—more if you'd like! These can be encouraging words, self-love reminders, or anything that lifts the spirit.

Do you still have affirmation cards in your kit? If your kit includes affirmation cards instead of a notebook, go ahead and write a special affirmation on each card.

Before



After





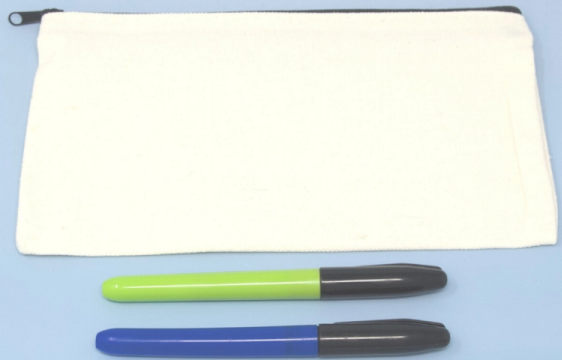
STEP 7 OF 11

Decorate the Canvas Bag

Use the permanent markers to decorate the canvas bag.

Tip: Place a piece of paper in the bag before decorating to prevent the markers from bleeding through.

Before



After



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**.



After



STEP 9 OF 11

Pack Back to School [Max]

Pack all of the materials into the backpack

- Please only include items that are UNOPENED and UNUSED
- Add any optional items you would like.

Optional Items to Add:

- School supplies (flashcards, pens, pencils, sticky notes, folders, etc.)

- Books
- Hygiene items
- Self-care items

Items not to include:

- Perishable items
- Sharp objects
- Nut food products
- Religious or political items

STEP 10 OF 11

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 11 OF 11

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