



CUSTOM

BDO – Mentoring Kit [Custom]

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!



KYND HUB

Kynd Hub

→ Build Your Kit on Kynd Hub

```
.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;}

.step-num{ width:26px;height:26px;border-radius:999px; display:flex;align-items:center;justify-content:center;
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 5

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

Decorate The Small Canvas Tote

Decorate the canvas tote to make it fun and colorful! Tip: place a piece of paper in the tote before decorating. This will prevent the marker from bleeding through the tote.

Before



After



STEP 4 OF 5

Pack your Mentoring Kit

Pack the Tote Bag!

Once you've finished decorating your tote bag, pack all of the kit items inside.

The remaining activities are for the mentor and their match to complete together!

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