



CLASSIC

Childhood Chemo Care [Classic]

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

Childhood Chemo Care [Classic]

Before You Build

About the Recipient

This Kynd Kit was designed to bring comfort and encouragement to a child undergoing chemotherapy. Each item you decorate will support a young patient during long treatment days, helping them feel seen, supported and a little more like a kid. As you build, imagine the joy and relief your care will bring - whether its a playful distraction or a heartfelt note. Your time and intention will make a meaningful difference.

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 11

Decorate the Clear Zipper Pouch

Use the permanent markers to decorate the plastic pouch. Tip: Be creative and use other supplies (no glitter) you may have on hand to make it colorful.

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 7 OF 11

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



Kyndness Rock

Use the paint pens to decorate your river rock with an uplifting message or design. Share it with someone who could use a smile, or leave it in a public place as a surprise reminder that kyndness is all around.



After



STEP 9 OF 11

Pack the Childhood Chemo Care Kit

Pack all of the kit materials into the decorated tote bag and add back into the box.

Optional Items to Add:

- High protein snacks
- Gum/mints
- Self-care items

Do not include:

- Perishable items
- Sharp objects
- Nut 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