



PLUS

Children's Hospital Colorado Parent Support [Plus]

12 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 12

Children's Hospital Colorado Parent Support [+]

Before You Build

Created in partnership with **Children's Hospital Colorado's Pediatric Mental Health Institute**, this kit is designed to support parents while their child is receiving care for a mental health concern. Parents and caregivers often experience high levels of stress, uncertainty, and isolation during this time.

According to the CDC, 1 in 5 children experiences a mental health disorder in a given year, and hospitalizations for youth mental health needs have risen sharply in the past decade.

While treatment focuses on helping children heal, it's equally important to provide comfort and encouragement to the adults standing beside them.

As you assemble this kit, take a moment to reflect on the strength and resilience of parents navigating this journey. Your time and care help them feel seen, supported, and not alone.

STEP 4 OF 12

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 12

Decorate the Bag

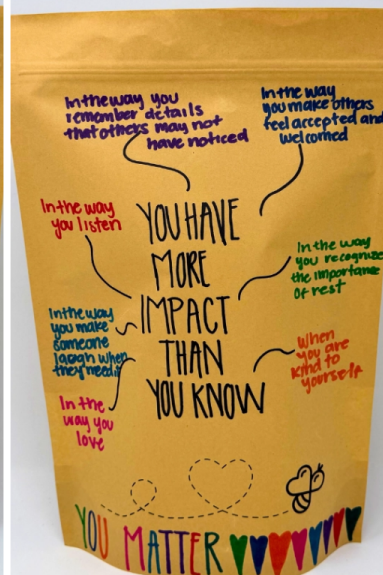
Decorate the kraft bag(s). This is what the final kit is distributed in, so try to make this fun and colorful for the recipient to open.

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



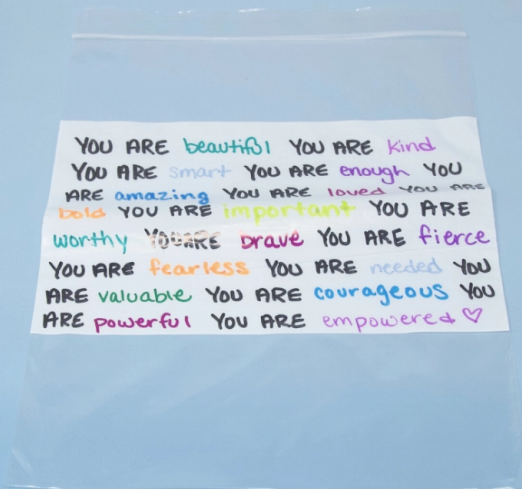
After



Before



After



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 12

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.

Before



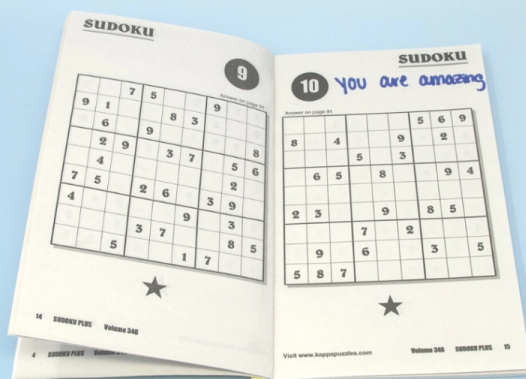
After



Surprise Kyndness Puzzle Book

Go through the pages of the Sudoku or puzzle book and write uplifting messages, draw small, colorful images, or create fun writing prompts for the recipient.

Example



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.

Before



After



Pack the Parent Support [Plus] Kit

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

- Please only include items that are UNOPENED and UNUSED

Optional Items to Add:

- Self care items
- Stress relief items
- Journals
- Coffee/snacks

Items not to include:

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

STEP 11 OF 12

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 12 OF 12

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