



CLASSIC

Children's Hospital Sensory Bag [Classic]

9 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 9

Children's Hospital Sensory Bag [Classic]

Before You Build

Project Helping has teamed up with Holiday Heroes to create a Kynd Kit for Children who are hospitalized.

Each year in the U.S. there are an estimated 15,780 children between the ages of birth and 19 years of age who are diagnosed with cancer.

Approximately 1 in 285 children in the U.S. will be diagnosed with cancer before their 20th birthday and globally there are more than 300,000 children diagnosed with cancer each year.

Help to provide a child in the hospital with coping tools by building this Sensory Kynd Kit. Sensory Kynd Kits can help a child deal with stress and anxiety while they are getting the treatments that they need.

STEP 4 OF 9

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.



After



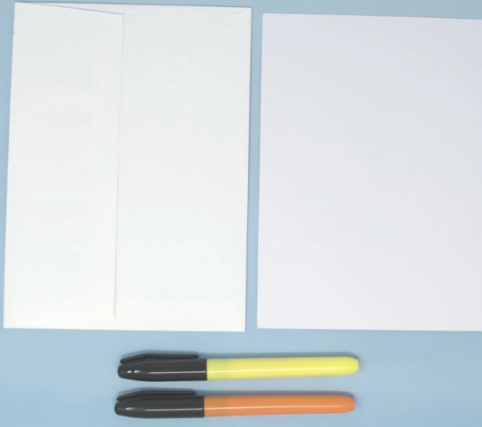
STEP 5 OF 9

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



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.



After



STEP 7 OF 9

Pack the Children's Hospital Sensory Bag

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

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

Optional Items to Add:

- Toys

- Coloring Books
- Games
- Coloring pencils, crayons, or pens

Items not to include:

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

STEP 8 OF 9

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 9 OF 9

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