



MAX

Children's Hospital Support [Max]

13 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;}
```

```

/* 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 13

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 13

Children's Hospital Activity Kit [Max]

Before You Build

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.

The children and their families spend a great deal of time waiting for treatment, tests, and procedures. These bags help them pass the time while in the waiting room or hospital room.

STEP 4 OF 13

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



DIY Tote Bag

Decorate the 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

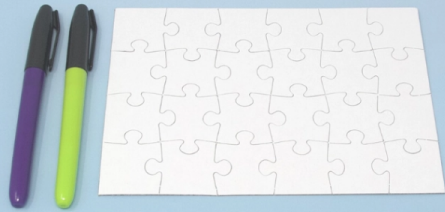


STEP 6 OF 13

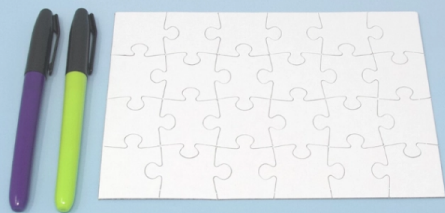
DIY Jigsaw Puzzle

Start with the puzzle assembled. Decorate the whole puzzle, filling it with color or messaging from edge to edge. The small sorting envelope will hold the pieces of the completed puzzle. Decorate one side of the envelope with the same image or wording as the puzzle. Take the puzzle apart and put it in the envelope.

Before



Before



After



STEP 7 OF 13

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



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



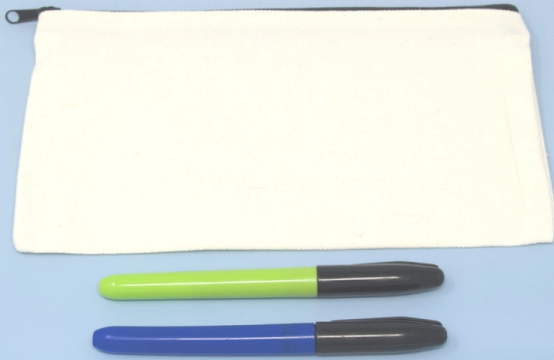
STEP 9 OF 13

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



LCD Writing Tablet

Decorate the white 4"x 4" sticker with an encouraging/inspiring message. Peel the sticker off and stick it to the **back** of the LCD tablet. This way, whenever the child is using their tablet, they can see your hopeful message on the back.

- You can also write an encouraging message on the front of the tablet using the **tablet pen**. After you write your message, turn the tablet over and lock the screen by flipping the switch to "lock". When the child opens their activity kit, your message will still appear on the front of the tablet. If you choose to do this, include instructions somewhere on the 4" x 4" sticker on how to unlock the screen so the child can erase your message and start using it for their own creative projects.



After



STEP 11 OF 13

Pack The Children's Hospital Activity Kit [Max]

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

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

Optional Items to Add:

- Sudoku and crossword puzzles
- Paint and paintbrushes

- More markers, crayons, and colored pencils
- Journals for teens
- Teething rings/small baby toys
- Chapter books and cardboard baby books
- DVDs (rated G, PG, or PG13)

Items not to include:

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

STEP 12 OF 13

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 13 OF 13

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