



SKILLS

Crochet [Skills]

8 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 8

Skill: Crochet

Crochet a scarf for someone who is unhoused. The cold weather presents many challenges for someone experiencing homelessness, and the most basic needs can make a world of difference for them.

The Skills Kits were created for you, as the volunteer, to learn a new skill and use it to give back to your community. Learn how to crochet a basic scarf. You

can then use this new skill of crocheting to keep giving back to your own community by creating other scarfs or try something new like a hat!

Crochet a scarf

Items you will need:

- Crochet hook
- Yarn

Let's Get Started!

Tip: Watch the video all the way through before you start your scarf. Then grab your materials, follow along and begin!

Watch the video below to learn how to do a basic crochet knot. You will continue this basic crochet know until you have a 3 foot scarf. This will use 2-3 skeins of yarn to make a scarf. To change skeins, tie the ends of the skeins together and keep crocheting.

When you're done, roll and tie your final product together with the ribbon. Write a note with the provided card and envelope. Keep using this skill to give back to your community and do good!

<https://youtu.be/aAxGTnVNjIE?si=9uN6G2QfA4rFgzCJ>

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 6 OF 8

Crochet Kit - Delivery Instructions

This kit is designed to be distributed locally to an unhoused person. You can either bring it to a shelter or hand it out to someone you see who could benefit from a scarf to keep them warm.

STEP 7 OF 8

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 8 OF 8

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