



PLUS

Environmental Impact [Plus]

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

Environmental Impact [+]

Before You Build

Of the 40 million tons of plastic waste generated in the U.S. in 2021, only 5% to 6% — or about two million tons — was recycled. Every hour, 2.5 million plastic bottles are thrown away in the U.S., which take up to 450 years to degrade. Globally, 40% of the food produced is wasted. The food lost on farms alone could feed every undernourished person in the world four times over.

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 5 OF 11

DIY Wildflower Seed Bomb

1. Find the following items:
 - Wildflower seeds
 - Paper
2. Tear a few sheets of paper into small pieces.
3. Slowly add water and mix slowly until the mixture becomes sticky like dough
4. Add some of the wildflower seeds and roll them into a golf-ball-sized ball.

5. Let the seed bomb dry out.
6. Scatter them where you want them to grow (preferably on top of soil or compost), and let nature do the rest.

Tip: You should have enough supplies to create 2-3 seed bombs.

<https://youtu.be/GALLMGucPdA>

STEP 6 OF 11

DIY Butterfly Feeder

1. Find the following items:

- Compressed Sponge (4.75×2.95 in.)
- Twine
- Sugar water

1. Bring two cups of water to a boil.
2. Stir in one cup of white sugar.
3. Mix until the sugar is dissolved.
4. Allow the mixture to cool completely.

5. Soak the sponge in the homemade sugar water and allow it to expand completely.
6. Wrap the twine around the sponge so that it cinches in the middle, and tie a knot. Be sure to leave some extra length of twine attached to hang the feeder from.
7. Hang outside from a branch or awning.
8. Check often and Re-soak with sugar water as needed.

Before



After



STEP 7 OF 11

Make a Bee Bath

A bee bath is a simple bee water feeder that you can add to your garden or outdoor space. It's a way of attracting pollinating guests to your yard over and over again.

1. Find the following items:

- Small reusable planter tray
- Rocks (go outside and find some larger rocks to put in your bee bath)

- Additional material (optional)

1. Wash the tray and rocks to be sure they are free from any pesticides.
2. Place the included rocks into the tray. These will provide a place for the bees to land near the water. (Optional: Add additional material to the bee bath, such as sticks, sea shells, or additional stones).
3. Later, fill the container with water and place it outside near plants or a garden. Refill it frequently to continuously attract bees to your space.

Before



After



STEP 8 OF 11

DIY Bee House or Bird Feeder

You can use the items in this kit to make either a Bee House or a Bird Feeder.



Bee House

1. Decorate the tin can using the paint pens.
2. Cut the straws to fit inside the tin can. Use the loose leaf paper to make more straws by wrapping the paper around a pencil or pen for sizing. Fill the tin can with the paper straws and the paper rolls you made
3. Tie the twine around the bee house and hang outside!

Bee House

After



Bird Feeder

1. Decorate the tin can using the paint pens.
2. Glue a paper straw into the tin can, making sure enough of the straw is coming out of the can so birds can perch on it to eat.
3. Tie the twine around the bird feeder, fill with bird seeds, and hang it outside!

Bird Feeder

After



STEP 9 OF 11

Pack the Environmental Impact [Plus] Kit

This kit is designed for you to keep and place the items you've made in the environment or use the included items to be more environmentally conscious.

Reusable Items to Prevent the Use of Additional Plastics

- Take this reusable straw with you when you are on the go and prevent the use of additional plastics in the environment.
- Use the reusable ziploc bags for your snack or leftovers

- Take the produce bags with you on your next grocery run to put your fresh fruits and vegetables in.

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