



MAX

Fidget Blanket [Max]

7 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 7

Fidget Blanket [Max]

Before You Build

This Kynd Kit was built in collaboration with Project Linus. Their mission is to provide new, handmade blankets to children in need. These blankets are collected and distributed to children in hospitals, shelters, social service agencies, or anywhere that a child might be in need of a big hug.

Since 1995, Project Linus has delivered over 8,601,140 blankets to kids in need. Make a blanket and kit to help provide love, a sense of security, warmth, and comfort to children

who are seriously ill, traumatized, or otherwise in need.

STEP 4 OF 7

Make a Fidget Blanket

Follow the instruction video below to make a fidget blanket.

https://www.youtube.com/watch?v=W9_Dna5l1fl

STEP 5 OF 7

Pack The Fidget Blanket For Kids Kits

Pack all of the materials into the original box.

- Add any optional items you would like.

Optional Items to Add:

- Activity book
- Card games
- Fidget toys

DO NOT include:

- Any used or opened materials
- Any religious or political content
- Alcohol
- Sharp objects
- Food products containing nuts

STEP 6 OF 7

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 7 OF 7

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