



PLUS

Financial Literacy [Plus]

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!

[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 13

Financial Literacy [+]

Before You Build

Young adults in the U.S. today are facing a perfect storm of personal and social pressures that can compromise their financial well-being: record lows in savings, record highs in student and consumer debt, increasing living costs, and uncertain employment prospects. Money Matters helps young people learn financial literacy so they can make good financial choices as adults. Participants learn how to manage a checking account, create a budget, save and invest, start small businesses, and pay for college.

Use the contents of this kit to build a financial literacy kit for teens at the Boys and Girls Club going through the Money Matters program. Building financial literacy and awareness early can help to create good financial habits for life. Teens who complete this program show improved financial management skills, including saving money and sticking to a budget.

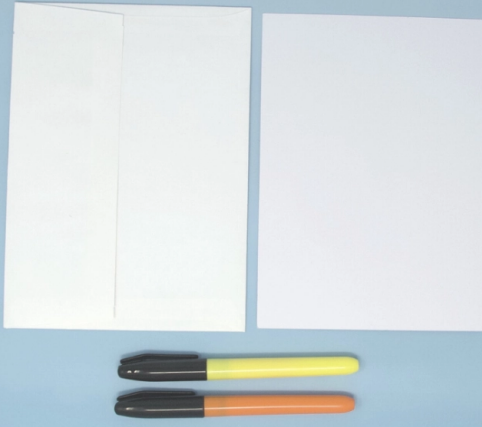
STEP 4 OF 13

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



Decorate the Piggy Bank

Use the included materials, along with any materials you have, to customize the piggy banks. Make one piggy bank for each of the following pillars: Save, Spend, and Donate.



After



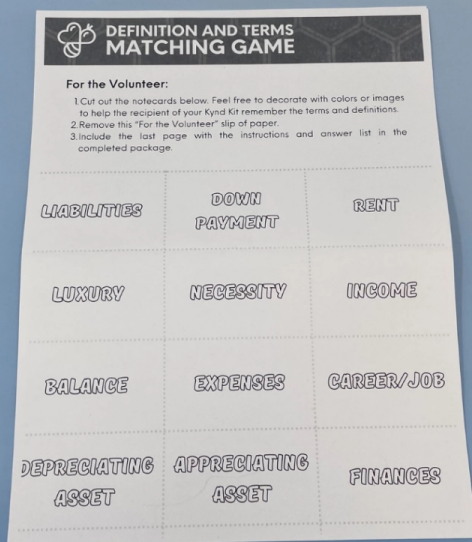
STEP 6 OF 13

Make Financial Literacy Flashcards

Color in the flashcards to make them fun and colorful! Cut them out and use the rubber band to secure them.

- *We are currently transitioning this activity. If you have index cards, please create your own flashcards using the terms/definitions and index cards.*

Before



After



Financial Literacy Workbook

This workbook is designed for the recipient to engage in games and complete exercises that will enhance their financial literacy. The smarties in this kit are used for one of the games in the workbook, so please ensure they stay in the kit.

(If you are completing this kit with your children, please feel free to grab a piece of paper and do these exercises with them. Just make sure to leave the workbook blank so the recipient can complete it.)

DIY Coin Purse

Use the permanent markers to decorate the small coin purse. Use financial terms such as save, donate, spend, and invest.

Before



After



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.



After



STEP 10 OF 13

Mini White Board

Stick the white 5 x 8 stickers to the back of the whiteboard. Use the crayons, colored pencils, or other writing materials to decorate the stickers with an uplifting message or picture for the recipient to see while using the board.

Before



After



Pack the Financial Literacy [Plus] Kit

Pack all of the materials into the original box.

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

Optional Items to Add

- Financial activity books
- Calculator
- Budget template
- Additional flashcards
- Fidget toys

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