



PLUS

Grief Support [Plus]

10 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.

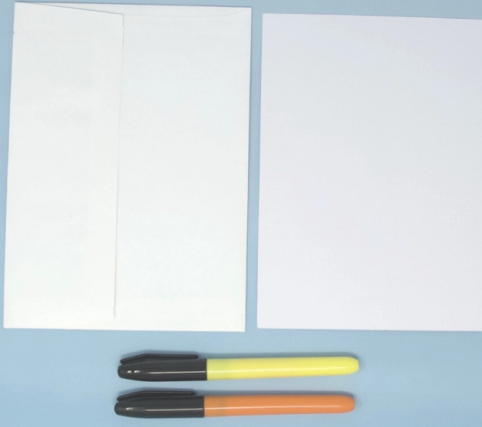
STEP 3 OF 10

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

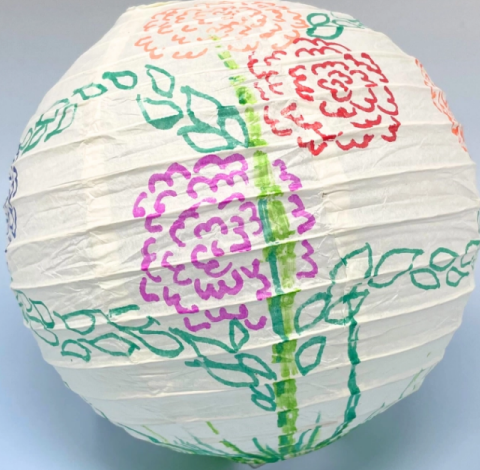


Paper Lantern

Decorate the paper lantern. Slide the metal frame into the lantern, the hook side facing upwards. Balance the two metal rings on the bottom of the frame to hold the lantern in place. Screw off the bottom of the light. Remove the plastic ring and re-screw the bottom of the light together. Do not screw too tightly to make the light stay on. Hook the end of the light to the top of the metal frame of the lantern.



After



STEP 5 OF 10

Worry Stone

Worry stones are smooth, polished rocks used for relaxation or anxiety relief to help one feel grounded. The stone is meant to be kept in one's pocket. The physical act of massaging a worry stone for several minutes is proven to provide therapeutic & psychological benefits that help soothe your nervous system, reduce stress and anxiety, and help clear your mind so you can focus and think clearly.

On one side of the drawstring bag write an inspirational or calming word. Examples: hope, love, grow, breathe, dream, courage, wonder.

Tip: Place a piece of paper or cardboard in the bag before decorating to prevent the marker from bleeding through.



After



STEP 6 OF 10

Sun Catcher

Use paint pens to decorate the ridged side of the clear suncatcher.

Before



After



Affirmation Notebook

DIY Affirmations

Find the mini affirmation notebook in your kit. Decorate the front cover with drawings, stickers, or a positive message. Then, open it up and write 3–6 affirmations inside—more if you'd like! These can be encouraging words, self-love reminders, or anything that lifts the spirit.

Do you still have affirmation cards in your kit? If your kit includes affirmation cards instead of a notebook, go ahead and write a special affirmation on each card.

Before



After





STEP 8 OF 10

Pack the Grief Support [Plus] Kit

Pack all of the materials into the original box. Feel free to decorate the box to make it like a gift for someone to open.

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

Optional Items to Add:

- Journals

- Photo books
- Self care items
- Stuffed animal
- Gifts cards

Items not to include:

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

STEP 9 OF 10

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 10 OF 10

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