



CLASSIC

Heat Relief for the Unhoused [Classic]

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

Seasonal Kit

This is a seasonal kit, and kit contents may vary based on the time of year, the needs of the community, and feedback from our recipient organizations.

STEP 4 OF 11

Heat Relief for the Unhoused [Classic]

Before You Build

About the Recipient

There are an estimated 582,462 people in the United States experiencing homelessness on a given night, according to the most recent national point-in-time estimate. This represents a rate of approximately 18 people experiencing homelessness per 10,000 people in the general population.

By making a heat relief kit you can impact someone with a meaningful, thoughtful action.

For people experiencing homelessness, the warm weather presents many challenges. This Kynd Kit is designed to build heat relief kits to hand out when you see someone who could use it. The most basic needs can make a world of difference to those experiencing homelessness.

STEP 5 OF 11

Decorate the Bag

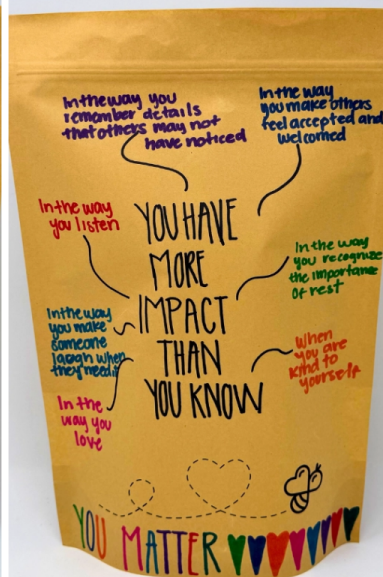
Decorate the kraft bag(s). This is what the final kit is distributed in, so try to make this fun and colorful for the recipient to open.

Please note: we are currently transitioning from plastic ziplock bags to kraft bags. Some kits may still include the plastic bag for you to decorate while we complete this transition.

Before



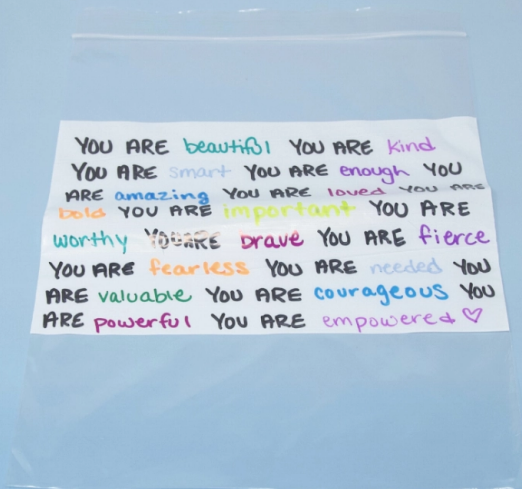
After



Before



After



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 7 OF 11

Decorate The Small 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.

Before



After



Decorate the Fan

Decorate the fan with an inspiring message or decoration. Make it cheerful and colorful!

Before



After



STEP 9 OF 11

Pack the Heat Relief Kit

Pack all of the materials into the decorated plastic bag and cosmetic bag.

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

Optional Items to Add

- Socks

- Sanitary items
- Sunscreen
- Sunglasses
- Water bottle
- Protein-rich snacks

Items not to include:

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

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