



X/XL

Kynd Kit X/XL Facilitator Guide

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



About Kynd Kit X/XL

The Kynd Kit X was created to offer a meaningful and engaging volunteer experience. Open the box, lay out the materials, and set up your own mini assembly line—each kit you complete makes a direct impact on someone in need.

Kynd Kit X/XL - Helpful Tips

- Set up tables to accommodate your group size.
- Consider providing additional decorating supplies.
- Arrange your assembly line using the instructions and checklist provided.
- Set up and label boxes where attendees can place their completed kits.
- Keep groups small enough so everyone has space at each table to spread out their materials.
- Set up a trash collection area or add a trash can to each station.
- Starting or ending the event with gratitude prompts helps engage participants in kyndness throughout the experience.

Kynd Kit X/XL Welcome!

Welcome!

We're glad you're here! We hope you're as excited as we are to improve mental well-being and impact your community. We created these instructions to help reduce any stress that comes with facilitating an event. If you have any questions, please email us at info@projecthelping.org.

Before you start

- X kits are designed as assembly-line kits, where volunteers pack the contents and decorate the DIY items at a separate decorating station.
- Review the instructions for the kit(s) you'll be doing as a group. You can find them at how.kyndkit.com.

Kynd Kit X/XL Before the Build

Kynd Kits are volunteer projects in a box. Each kit is designed to serve a unique cause or individual in need. Today we will be building the following kit(s): [Share the kit or kits you will be making]

Explain the kit or kits you will be completing today:

- Why were these kits chosen?
- Do they have a special meaning?
- Who will they benefit?
 - Details about each kit can be found on the individual instruction pages.
- What items need to be decorated or personalized in the kit?

STEP 6 OF 7

Kynd Kit X/XL Setup

Set Up

- Set up an assembly line with each product on the checklist. This checklist is in the "open me first" box.
- The stickers on the inner lid of each box indicate how many of each item should go in each kit.

- You may have additional boxes with overstock—keep those nearby or under the tables to restock the blue boxes as needed.
- Set up your DIY decorating stations with pens, markers, scissors (if needed), and any additional decorating supplies.

☐ Click the dropdown to see photo examples of the setup.

Setup Examples+







STEP 7 OF 7

Kynd Kit X/XL After the Build Is Complete

Pack Up and Kit Distribution

- Ensure all kit items have been added to the provided plastic bag, tote bag, or backpack and all DIY items have been completed.
- If kits are returning to Project Helping:
 - Direct attendees where to leave the completed kits.

- Incomplete kits may also be sent back to Project Helping.
- If attendees are self-distributing kits:
 - Let them know they are responsible for taking the kits with them and delivering them to someone in need.
 - Encourage them to take a picture or post their delivery on social media.
 - Please tag @projecthelping and use #projecthelping and #dogoodfeelgood so we can interact and share experiences with our community.