



CLASSIC

KYND SCHOOLS - Teen Mental Health

9 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 9

Kynd Schools Teen Mental Health

Thank you for participating in our Kynd Schools Program. In these boxes, you will find all the necessary supplies and instructions to complete your volunteer experience.

About your teen mental health kynd kit:

This kit is designed to support teen mental wellness. As you personalize the DIY items, think about tools and reminders that help you manage stress, anxiety, and tough moments.

Once your kit is complete, **you are encouraged to keep it for yourself** and use it whenever you need a reminder to care for your mental health. You can also choose to give it to a friend or someone who might need support.

If you'd like to pass it along but aren't sure who to give it to, return the kit to your counselor and it will be sent back to Project Helping to share with a teen in need.

STEP 4 OF 9

Decorate the Bag

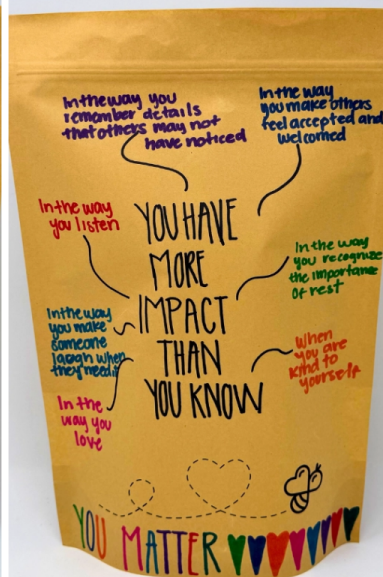
Decorate the kraft bag(s). This is what the final kit is distributed in, so try to make this fun and colorful for the recipient to open.

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



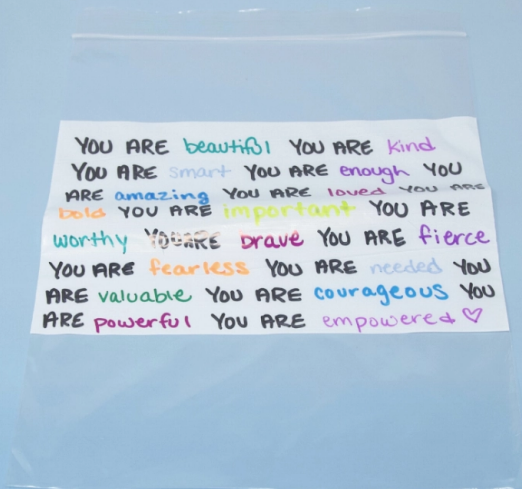
After



Before



After



Decorate the Canvas Bag

Use the permanent markers to decorate the canvas bag.

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



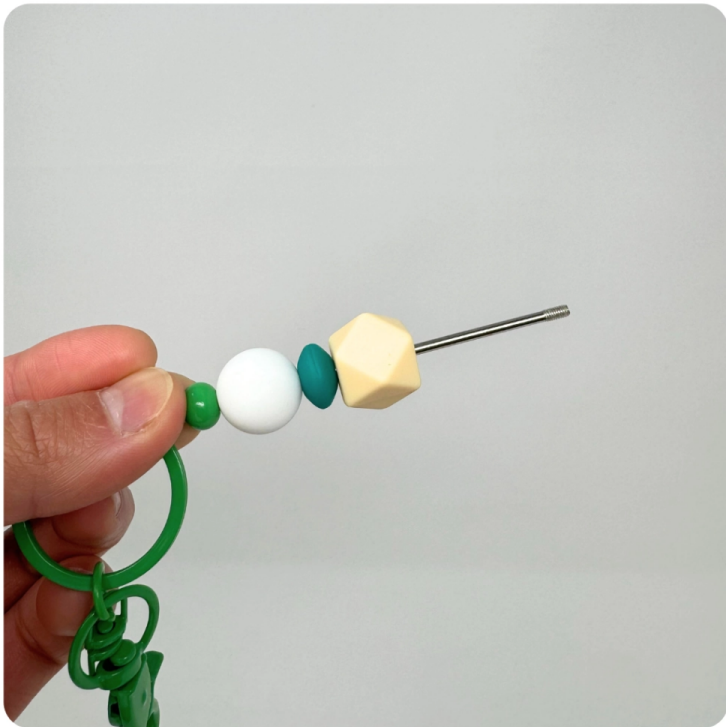
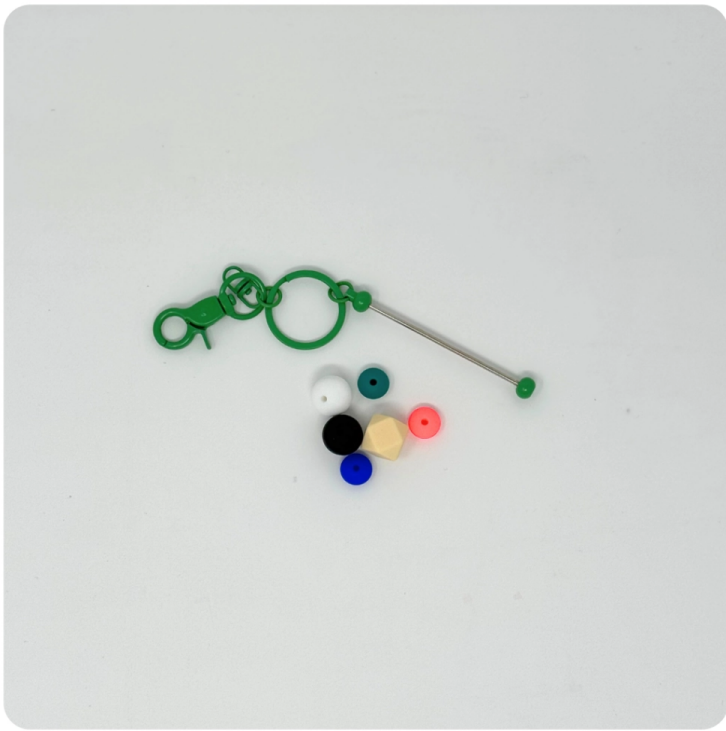
After



STEP 6 OF 9

Build a Fidget Keychain

Use the key chain and silicone beads to create a fidget key chain. This makes a fun, soothing tool for someone who could use a little calm and kyndness on the go.





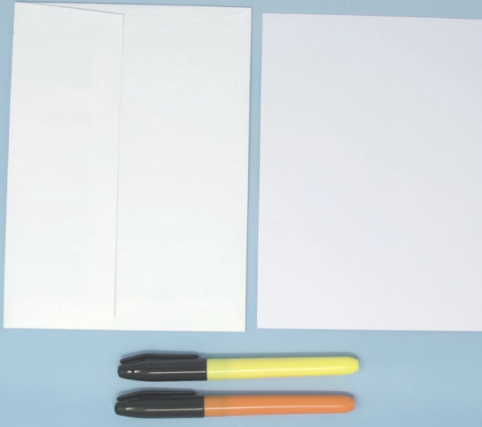
STEP 7 OF 9

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



STEP 8 OF 9

Complete the survey

Follow the QR code to the online survey! We'd love your feedback.



STEP 9 OF 9

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