



CUSTOM

Make-a-Wish TEEN United

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

Make-A-Wish® Travel Kit [+]

Before You Build

Make-A-Wish® exists to create life-changing wishes for children with critical illnesses. Make-A-Wish has collectively granted more than 585,000 wishes worldwide since 1980.

The wish-granting experience can help children build the strength and energy to fight a critical illness. The Wish Journey is often a pivotal experience during a wish kid's treatment and recovery. Many medical providers vastly agree that a wish is a necessary part of a child's treatment journey. That is why wishes matter. That is why we grant wishes.

These bags will be distributed to Make-A-Wish® kids to help encourage them and give them something to put a smile on their face while waiting for their wish to come true.

STEP 4 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**.



After



STEP 5 OF 10

Decorate the Fan

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

Before



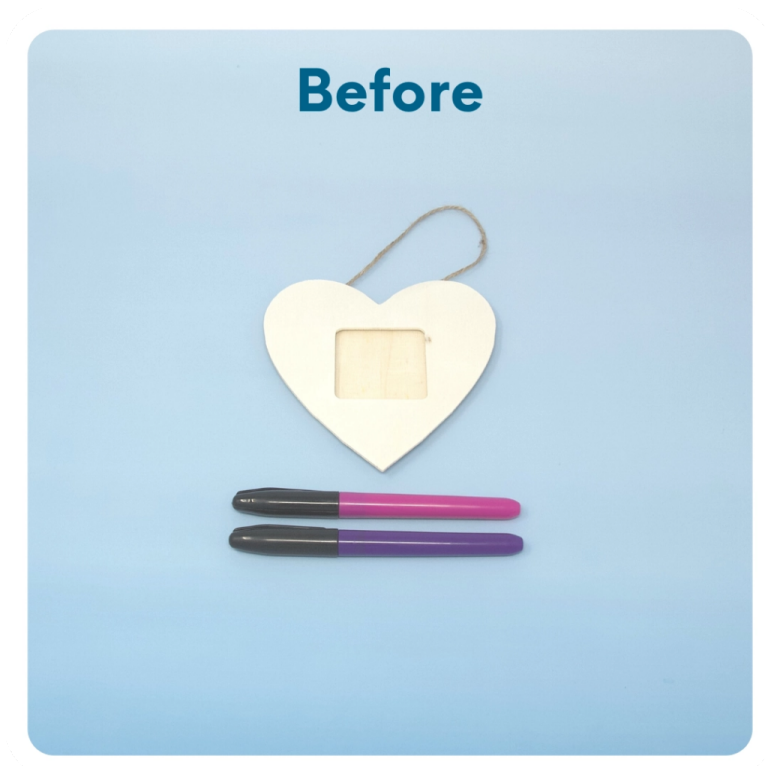
After



DIY Picture Frame

Decorate the picture frame with pictures, shapes, encouraging words, quotes, etc.

(the size and shape of the DIY picture frame may vary)



After



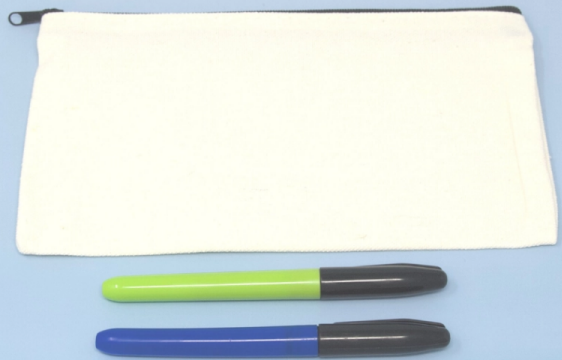
STEP 7 OF 10

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.

Before



After



Pack The Make-A-Wish® Travel Kit

Pack all of the materials into the United drawstring bag and put them into the original box.

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

Optional Items to Add:

- Fidget toys
- Card games
- DVDs
- Activity books
- Coloring utensils
- Craft supplies

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