



CUSTOM

# Make-a-Wish YOUTH 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.<br>Use what you have.<br>Do what you can.                         | Empieza donde estás ahora.<br>Usa lo que ya tienes.<br>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.

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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



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STEP 5 OF 10

## 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)

**Before**



**After**



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STEP 6 OF 10

## Decorate the Fan

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

**Before**



**After**



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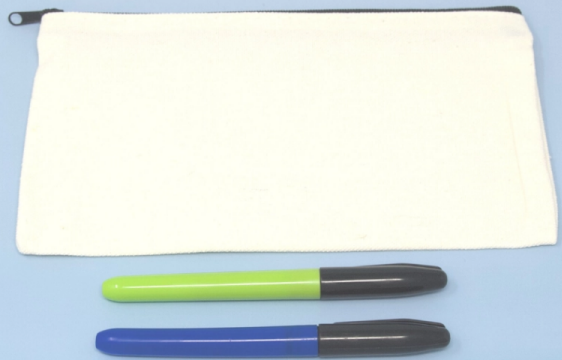
STEP 7 OF 10

## 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
- 

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## Register My Kit (Optional)

### **Register your kit**

To register and track your kits, you must visit the online instructions.

*Registering your kit is optional.*

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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