



MAX

# Reading Nook [Max]

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!



KYND HUB

Kynd Hub

→ Build Your Kit on Kynd Hub

```
.ph-impact{max-width:1080px;margin:0 auto;}

.section-eyebrow{font-size:.68rem;font-weight:700;text-transform:uppercase;letter-
spacing:.14em;color:#8a9bab;margin-bottom:.35rem;text-align:center;} .section-title{font-size:1.75rem;font-
weight:800;color:#1d3040;line-height:1.15;margin-bottom:.45rem;text-align:center;} .section-title
em{color:#439bc0;font-style:italic;} .section-sub{font-size:.9rem;color:#5a6a7a;line-height:1.6;margin-
bottom:2rem;text-align:center;max-width:520px;margin-left:auto;margin-right:auto;}

/* Flow row */ .flow{display:flex;align-items:center;gap:0;position:relative;}
```

```

/* Step card */ .step{ flex:1; padding:1.75rem 1.25rem 1.5rem; text-align:center; border-radius:18px; border:1.5px
solid; position:relative; transition:box-shadow .2s; } .step:hover{box-shadow:0 6px 28px rgba(29,48,64,.09);}
.s1{background:#f4fbfc;border-color:#b3dde9;} .s2{background:#f0fbf8;border-color:#b3e8db;}
.s3{background:#f5f0fd;border-color:#d4bff5;} .s4{background:#fdf0f5;border-color:#f0b8d0;}

.step-num{ width:26px;height:26px;border-radius:999px; display:flex;align-items:center;justify-content:center;
font-size:.68rem;font-weight:800;margin:0 auto .7rem;color:#fff; } .n1{background:#439bc0;}
.n2{background:#1ec1a1;} .n3{background:#924cd8;} .n4{background:#de3c7a;}

.step-icon-wrap{ width:48px;height:48px;border-radius:14px; display:flex;align-items:center;justify-
content:center; margin:0 auto .8rem;font-size:1.3rem; } .iw1{background:rgba(67,155,192,.12);color:#439bc0;}
.iw2{background:rgba(30,193,161,.12);color:#1ec1a1;} .iw3{background:rgba(146,76,216,.1);color:#924cd8;}
.iw4{background:rgba(222,60,122,.1);color:#de3c7a;}

.step strong{font-size:.87rem;font-weight:700;color:#1d3040;display:block;margin-bottom:.35rem;} .step
p{font-size:.77rem;color:#5a6a7a;line-height:1.58;}

/* Arrow connector */ .arrow-conn{ flex-shrink:0; width:36px; display:flex; align-items:center; justify-
content:center; position:relative; z-index:2; } .arrow-conn svg{overflow:visible;}

/* Mobile */ @media(max-width:700px){ .flow{flex-direction:column;align-items:stretch;gap:.5rem;} .arrow-
conn{width:auto;height:28px;transform:rotate(90deg);} .section-title{font-size:1.4rem;} }

```

## The Kynd Kit Cycle

### Kynd Kits Create *Impact*

Every kit you build sets off a chain of good — for you, for a nonprofit, and for the whole community.

1  
♡

### You Volunteer

You volunteer, which benefits your mental health and wellbeing.

2



### Help a Nonprofit

The kit you build is donated to a vetted nonprofit partner in need.

3



### Fund Programming

Proceeds fund free, community-based mental health programming.

4



### Sustain the Mission

Proceeds benefit Project Helping, a 501(c)(3) nonprofit.

[projecthelping.org](https://projecthelping.org) ↗

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STEP 2 OF 10

## 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

## Reading Nook [Max]

Before You Build

In 2024, only 31 percent of fourth-grade students in the U.S. performed at or above the NAEP Proficient level in reading, while 40 percent performed below the NAEP Basic level. These results highlight the continued need for resources that help children develop their reading skills and build confidence in reading.

Reading is about more than learning words on a page. It's about sparking imagination, building confidence, and helping children discover the joy of getting lost in a good book. This kit will be delivered to under-resourced schools and literacy organizations to support young readers.

Create a cozy reading nook for a child to encourage a love of reading and make storytime something to look forward to. You'll create a fleece tie pillow, personalized door hanger, and fun bookmarks to make their reading space feel special. Each recipient will also receive a story writing book, to write their own stories, colored pencils, mini books, a reading light, and a fidget toy to help them read, write, and let their imagination grow.

**Your creations can help a child discover that reading isn't just something they learn. It's something they can love.**

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STEP 4 OF 10

## DIY Tote Bag

# Decorate the 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**



## 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 6 OF 10

## Make the Fleece Pillow

1. Open the fleece pillow supplies from your kit.
2. Lay the front and back pieces of the pillow together, matching up the fleece ties.
3. Starting at the bottom, tie the fleece strips together, then work your way up both sides.
4. Before tying the top closed, add the stuffing to the pillow.
5. Finish tying the top of the pillow to secure the stuffing inside.
6. Go back around the pillow and tighten all the knots to ensure everything is securely tied.

**Before**



**After**



## Decorate the Door Hanger

Using the provided markers and stickers (if included in your kit), decorate the door hanger with fun designs, encouraging messages, or colorful artwork. Not an artist? That's OK! Get creative and make something special to help the recipient personalize their reading nook. Be sure to use age-appropriate designs and uplifting messaging.

Any unused stickers (if included in your kit) should be packed for the recipient to enjoy!



After



STEP 8 OF 10

## Decorate the Bookmark(s)

Using the provided markers and stickers (if included in your kit), decorate the bookmarks with colorful designs and uplifting messages. Not an artist? That's OK! A few kind words can make a big impact. Be sure to use age-appropriate designs and messaging.

Any unused stickers (if included in your kit) should be packed for the recipient to enjoy!

**Before**



**After**



## Add Story Writing prompts (optional)

Want to add a little extra creativity? Feel free to write a few age-appropriate story ideas or prompts on the inside back cover of the story writing book. These can help spark the recipient's imagination and encourage them to create their own stories!

**Keep your ideas fun, uplifting, and age-appropriate.** Your creativity might inspire their next great adventure!



# After

- Story prompts for your book.
- Write about you getting a silly super power
  - Help a sleepy sloth find a good place for a nap
  - Lost in a forest. Who do you meet to help you find your way?

STEP 10 OF 10

## Pack your Reading Nook kit

Pack all of the materials into the decorated tote bag and put it back 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
- Stickers

- Journals
- Coloring/writing utensils
- Other craft and art supplies
- Mini books

**Items not to include:**

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