



PLUS

Rescue Dog Care Package [Plus]

11 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 11

Rescue Dog [+]

Before You Build

Approximately 7.6 million animals enter U.S. animal shelters nationwide every year. These shelters are often overwhelmed and underfunded, reporting higher-than-ever rates of incoming lost or abandoned animals.

Animal shelters across the country operate under extremely tight budgets. This means that most of the donations they receive go towards food and other essentials, not toys. By completing this Kynd Kit, you're providing shelter animals with opportunities for fun that

they might not otherwise receive. And who knows — the toys might just allow these animals to show off their fun sides to a future adopter.

STEP 4 OF 11

DIY Bandana

Decorate a bandana for the shelter animal to wear when they are adopted.

Helpful Tips: Fold the bandana in half, corner to corner, to get an idea of what it will look like when it is worn by the shelter animal. Place a piece of paper or cardboard under the canvas to avoid the markers bleeding through.



After



STEP 5 OF 11

Create a Dog Bed

<https://youtu.be/0YOqjyfvHVE>

STEP 6 OF 11

Create a "Braided Tug Toy" for a Shelter Dog

Use the pre-cut fleece, scissors, and the following video to make a tug toy. Helpful tip: The tighter your knot, the longer the toy will last.

<https://youtu.be/t3B2TTlwCaA>

STEP 7 OF 11

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.



After



STEP 8 OF 11

Decorate the Doggy Bag Dispenser

Using the paint pen, decorate the doggy bag dispenser to make it fun and colorful!

Before



After



Pack the Rescue Dog [Plus] 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:

- Dog toys
- Dog treats
- Blankets/towels
- Collars/leashes

Items not to include:

- Perishable items
- Sharp objects

STEP 10 OF 11

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 11 OF 11

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