



CLASSIC

Ronald McDonald House Comfort Bag [Classic]

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

Ronald McDonald House: Comfort Bag [Classic]

Before You Build

About the Recipient

This kit brings care and comfort to families staying at a Ronald McDonalds House while their child is in the hospital. Each bag is filled with thoughtful essentials that help families feel supported, comforted, and a little more at home during a difficult time.

Since 1974, Ronald McDonald House Charities and its affiliated houses have provided more than 2.8 million overnight stays worldwide, saving families hundreds of millions of dollars in lodging and meal costs alone.

STEP 4 OF 10

Example Phrases To Use

Before You Build

These kits will be shared with families and individuals facing difficult or uncertain times in the hospital. Your thoughtful, kind words can make a difficult day a little brighter—thank you for helping spread care and compassion.

DO

- Be positive: Focus on hope, comfort, and inner strength.
- Use affirming and uplifting words: Offer gentle encouragement and warmth.
- Keep it simple and sincere: Short, heartfelt messages are best.
- Use inclusive language: Avoid assumptions, as well as political, religious, or gendered terms.
- Keep the tone gentle and compassionate: Avoid intensity or emotional pressure.

AVOID

- Mentioning illness, diagnosis, or recovery (e.g., “hope you heal soon”).
- Giving advice, instructions, or making assumptions about feelings.
- Using humor, sarcasm, or quotes from public figures.
- Including personal information or full names.
- Using timelines or future outcomes (e.g., “You’ll be home soon,” “Things will get better soon”).

SAMPLE NOTES “You are surrounded by care and kindness.” “Wishing you calm, strength, and comfort today.” “You are not alone—there are people thinking of you.” “May this note remind you that you’re cared for and supported.”

STEP 5 OF 10

Decorate the Bag

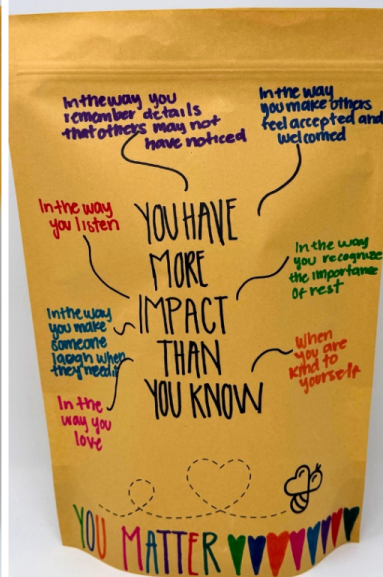
Decorate the kraft bag(s). This is what the final kit is distributed in, so try to make this fun and colorful for the recipient to open.

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



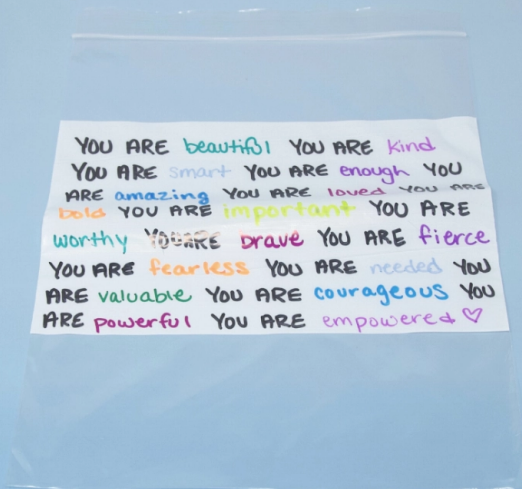
After



Before



After



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



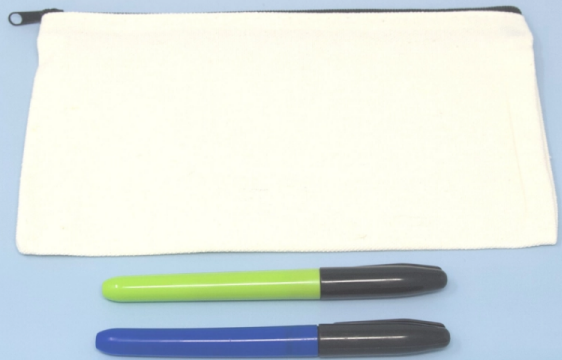
STEP 7 OF 10

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 Your Completed Kynd Kit

Pack all of the materials into the decorated plastic 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:

- Self care items
- Other Items that relate to the cause area of your kit. Such as: Interview Clothing, Sanitary items, Hygiene Items, games, non-perishing foods, etc.

Do not include:

- Perishable items
- Sharp objects
- Nut products
- Religious and/or political items
- Mouthwash or other items that includes alcohol

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