



CLASSIC

Sensory Kit for Foster Youth [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

Sensory Kit for Foster Youth [Classic]

Before You Build

About the Recipient

Foster care is meant to provide safe, temporary living arrangements and support services for children who have been removed from their families due to maltreatment, lack of safety or inadequate care.

In 2021, 203,770 children under 18 entered foster care in the United States, a rate of 3 per 1,000. Kids ages 1 to 5 make up the largest share (29%) of children entering care.

These kits will be gifted to children involved with Advocates for Children at CASA. CASA stands for Court Appointed Special Advocates. These community volunteers, or CASAs, are trained to advocate on behalf of children who are involved in the child welfare system as a result of abuse or neglect. Most of these kids are in out-of-home placements such as foster care, group homes, or kinship care.

STEP 4 OF 10

Decorate the Bag

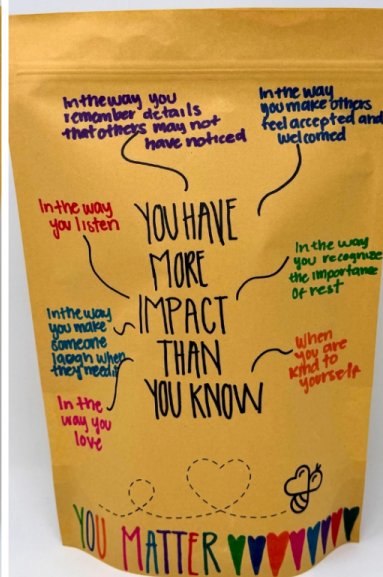
Decorate the kraft bag(s). This is what the final kit is distributed in, so try to make this fun and colorful for the recipient to open.

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



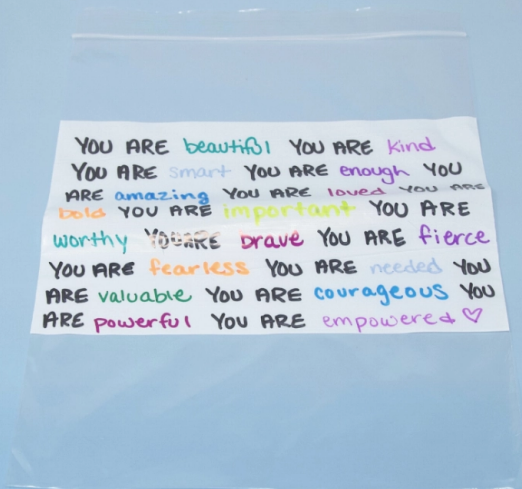
After



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

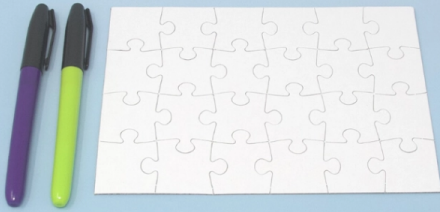


STEP 6 OF 10

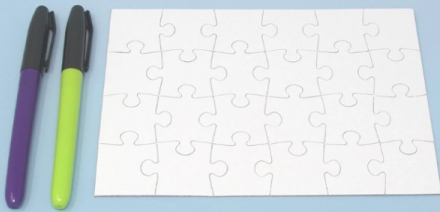
DIY Jigsaw Puzzle

Start with the puzzle assembled. Decorate the whole puzzle, filling it with color or messaging from edge to edge. The small sorting envelope will hold the pieces of the completed puzzle. Decorate one side of the envelope with the same image or wording as the puzzle. Take the puzzle apart and put it in the envelope.

Before



Before



After



STEP 7 OF 10

Surprise Kyndness Notebook

Decorate the outside of the journal with a picture or uplifting message. Use random pages in the journal to write short, uplifting messages, draw small, colorful images, or create fun writing prompts for the recipient.

Before



After



Pack the Sensory Kit

Pack all of the materials into the plastic bag that you decorated.

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

Optional Items to Add:

- Playing cards
- Stickers
- Journals
- Coloring/writing utensils
- Other craft and art 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