



SKILLS

Sewing [Skills]

7 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 7

Skill: Sewing

Before You Build

Sew a stuffed animal for a child who is in need of a big hug. This can help provide love, a sense of security, warmth and comfort to a child that is unhoused, in the hospital, or in the foster system.

The Skills Kits were created for you, as the volunteer, to learn a new skill and use it to give back to your community. Learn how to sew a stuffed animal to give to a child in need. You can then use this new skill of sewing to keep giving back to your own community by

creating other toys or items!

STEP 4 OF 7

Sew a Stuffed Animals

Items you will need:

- Needle
- Thread
- Stuffing
- 2 pairs of fuzzy socks
- 2 beads
- Felt sheet
- Thicker thread

Follow along to the video below to learn how to sew a stuffed animal. There are enough materials in the kit to make two stuffed animals. Keep using this skill to give back to your community and do good!

<https://www.youtube.com/watch?v=tt8Nc1cbAPc>

Sewing Kit - Delivery Instructions

This kit is designed to be distributed locally to a child you know who could use a big hug. Here are some ideas on where to distribute:

- Children's Hospital (call before dropping off)
- Homeless shelter
- CASA (foster youth)
- Boys and Girls Club
- Food pantry (bring any canned goods in addition!)
- Local nonprofit organization that serves kiddos

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 7 OF 7

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