



CLASSIC

Sight Words for First Graders [Classic]

12 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 12

Sight Words for First Graders [Classic]

Before You Build

Since the pandemic, the percentage of 1st graders on track in reading by midyear fell from:

- 51 percent to 37 percent of Black students
- 54 percent to 42 percent of Hispanic students

- and from 65 percent to 58 percent of white students.

More than 1 in 3 of children who started school in the pandemic need "intensive" reading help. This kit will be delivered to under-resourced elementary schools literacy organizations around the country.

Create bright, fun, sight word flashcards for first-grade students who are behind on their reading level. A first-grader has a small reading gap, and reaching them early is proven to be the most effective way to improve their reading. First-grade classes can use these Kynd Kits to help their literacy performance.

STEP 4 OF 12

Decorate the Bag

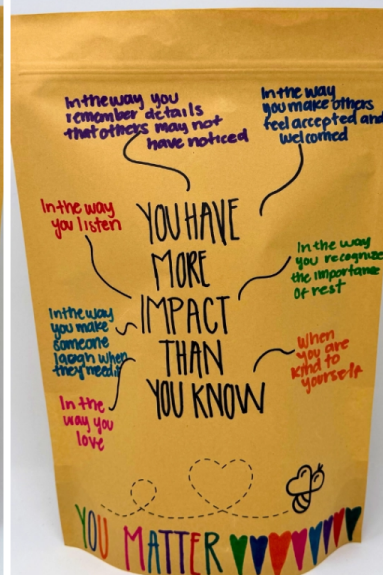
Decorate the kraft bag(s). This is what the final kit is distributed in, so try to make this fun and colorful for the recipient to open.

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



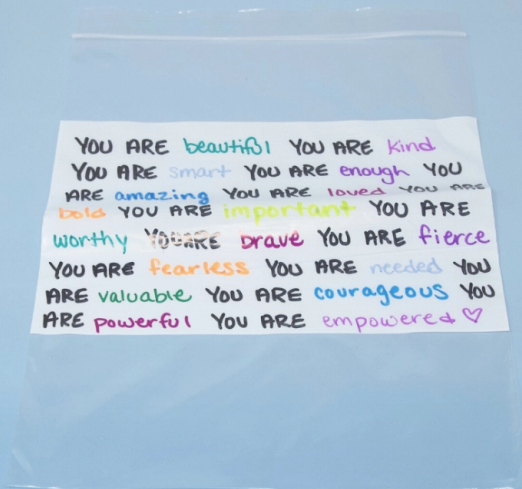
After



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 12

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



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.



After



STEP 8 OF 12

Make Sight Word Flashcards

Write one sight word per index card provided. Use large, legible letters. Decorate the cards with colors, pictures, or stickers that represent the word on the card! Tips: Make sure the words are legible, do not use cursive, do not use any words not provided on the list, and underline portions of words on the flashcards if they are underlined on the sight words list.

The list of sight words is included in your kit. If you would like a digital list, you can find it in the dropdown below.

Digital Copy of Sightwords List



LIST OF SIGHT WORDS

If letters in a word are underlined, please include it on the flashcard

- | | | |
|---------|----------|----------|
| • a | • all | • mom |
| • and | • boy | • put |
| • go | • did | • so |
| • he | • got | • under |
| • I | • her | • with |
| • is | • looked | • baby |
| • like | • out | • come |
| • see | • said | • get |
| • the | • they | • has |
| • to | • went | • if |
| • at | • are | • now |
| • for | • by | • ran |
| • here | • do | • that |
| • look | • had | • wanted |
| • my | • him | • yes |
| • on | • make | • big |
| • top | • play | • day |
| • am | • saw | • girl |
| • can | • this | • in |
| • going | • will | • or |
| • it | • away | • run |
| • me | • car | • then |
| • not | • eat | • was |
| • she | • hand | • zoo |
| • you | • how | |

Before



After



STEP 9 OF 12

Sight Word Game - Feed the Monster

You will be making a monster out of the bag for the child to play the “feed the monster” game while practicing their sight words. Each time the child gets a sight word correct, they can feed the monster the corresponding flashcard.

Open the brown paper bag. Use a pair of scissors to cut a fun-shaped mouth in one side of the bag (make sure it’s large enough for an index card to fit through so the monster can “eat”). Use the included markers to decorate the bag like an animal or monster. On the back of the bag, write instructions so the child knows how to play the “feed the monster” game. Ex. “Every time you get a sight word correct, you can feed the monster by putting the card in the bag through the monster’s mouth.”

Before



After



Pack the Sight Words 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:

- Fidget toys
- 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 11 OF 12

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 12 OF 12

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