



CLASSIC

Veteran Affairs Hospital 4.0 [Classic]

13 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 13

Veteran Affairs Hospital Care [Classic]

Before You Build

About the Recipient

The Veterans Health Administration (VHA) is the largest integrated healthcare system in the United States. They provide care at [1,293 healthcare facilities](#), including 171 VA Medical Centers and 1,112 outpatient sites of care of varying complexity (VHA outpatient clinics) to over 9 million Veterans enrolled in the VA healthcare program.

VHA Medical Centers provide a wide range of services, including traditional hospital-based services such as surgery, critical care, mental health, orthopedics, pharmacy, radiology, and physical therapy.

Help support the Veteran Affairs Hospitals' mission by creating a care package for a veteran staying at one of their facilities. Most importantly, sending letters is a powerful way to bring love and laughter to someone who has a lasting impact.

Include a letter of gratitude in your care package, thanking a veteran for their service and letting them know how much they are appreciated.

STEP 4 OF 13

Decorate the Bag

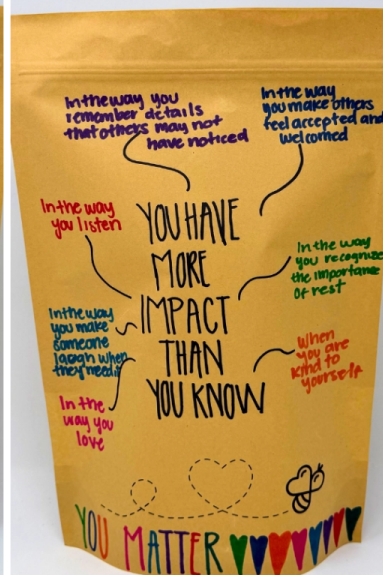
Decorate the kraft bag(s). This is what the final kit is distributed in, so try to make this fun and colorful for the recipient to open.

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



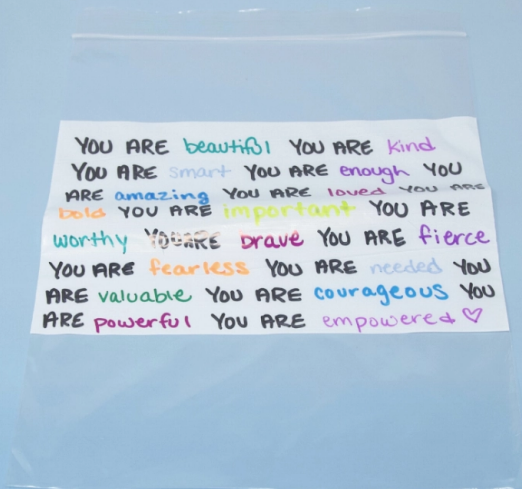
After



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

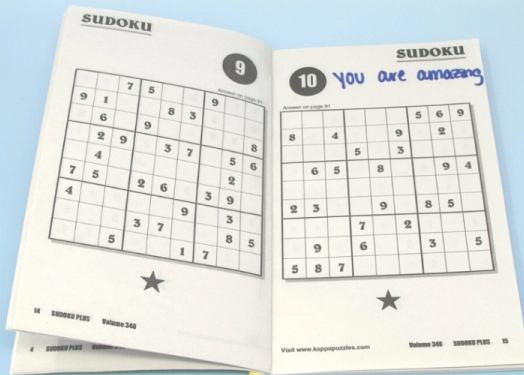


STEP 6 OF 13

Surprise Kindness Puzzle Book

Go through the pages of the Sudoku or puzzle book and write uplifting messages, draw small, colorful images, or create fun writing prompts for the recipient.

Example



STEP 7 OF 13

Decorate the Playing Cards

Write encouraging messages, affirmations, jokes, or pictures on the **faces** of the playing cards for players to see when they are playing a card game.

Before



After



Worry Stone

Worry stones are smooth, polished rocks used for relaxation or anxiety relief to help one feel grounded. The stone is meant to be kept in one's pocket. The physical act of massaging a worry stone for several minutes is proven to provide therapeutic & psychological benefits that help soothe your nervous system, reduce stress and anxiety, and help clear your mind so you can focus and think clearly.

On one side of the drawstring bag write an inspirational or calming word. Examples: hope, love, grow, breathe, dream, courage, wonder.

Tip: Place a piece of paper or cardboard in the bag before decorating to prevent the marker from bleeding through.

Before



After



Sun Catcher

Use paint pens to decorate the ridged side of the clear suncatcher.



After



STEP 10 OF 13

Affirmation Notebook

DIY Affirmations

Find the mini affirmation notebook in your kit. Decorate the front cover with drawings, stickers, or a positive message. Then, open it up and write 3–6 affirmations inside—more if you'd like! These can be encouraging words, self-love reminders, or anything that lifts the spirit.

Do you still have affirmation cards in your kit? If your kit includes affirmation cards instead of a notebook, go ahead and write a special affirmation on each card.

Before



After



After



Pack the Veterans Affairs 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:

- Caffeine-free tea (*like Peppermint, Chamomile, Ginger and Lemon Tea*)
- Mints
- Gum
- Warm and comfy clothing
- Fuzzy socks
- Lotion
- Blankets
- Puzzle books
- Card games

Items not to include:

- Perishable items
- Sharp objects
- Nut food products
- Religious or political items

STEP 12 OF 13

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 13 OF 13

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