PLUS

# Foster Youth Activity Kit [Plus]

12 STEPS

STEP 1 OF 12

# 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

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 TO SPANISH PHRASES

| 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.<br>Use what you have.<br>Do what you can. | Empieza donde estás ahora.<br>Usa lo que ya tienes.<br>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

# Foster Youth Activity Bag [+]

## Before You Build

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.

Create a fun and interactive activity kit for CASA volunteers to take to the children as they wait for their court hearing, visit with their parents in a supervised setting, or to just have some fun with their CASA volunteer.

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## 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.

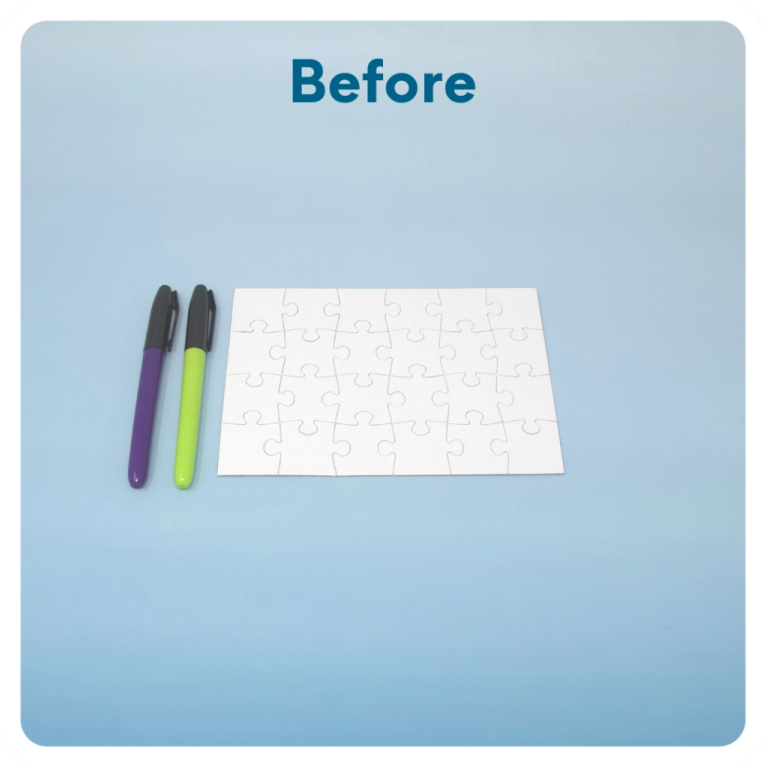
Please ensure your message is **age-appropriate** and **avoids references to religion or politics.**

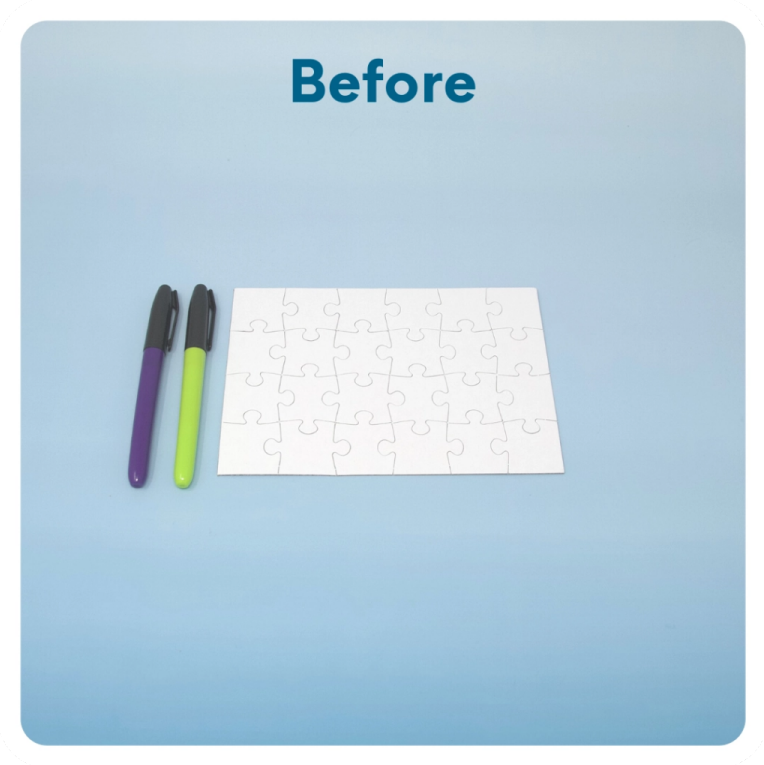
Before

After
BE KIND
to
yourself

# 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

After
GIRAFFE
PUZZLE

STEP 6 OF 12

# 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.

STEP 7 OF 12

## Luggage Tag

Cut one of the blank cards to fit the luggage tag. Write an encouraging message, put it inside the luggage tag, and attach it to the outside of the backpack.

Before

After
PROPERTY OF:

## 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
Permanent Markers
Permanent Markers
Permanent Markers

After
BE
KIND
to
yourself

STEP 9 OF 12

# 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 the Foster Youth Activity Bag [Plus]

Pack all of the materials into the backpack 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:**

- Games
- Crafts
- Fidget Items
- Journals
- More markers, crayons, colored pencils, etc.
- Small Stuffed Animal

**Items not to include:**

- Perishable items
- Sharp objects

- Nut food products
- Religious or political item

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