CLASSIC

LGBTQIA+ [Classic]

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. 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

LGBTQIA+ Support [Classic]

Before You Build

About the Recipient

45% of LGBTQ youth seriously considered attempting suicide in the past year. LGBTQ youth are not inherently prone to suicide risk because of their sexual orientation or gender identity but rather placed at higher risk because of how they are mistreated and stigmatized in society

LGBTQ+ youth who live in a community that is accepting and supportive reported significantly lower rates of attempting suicide compared to those who do not. These kits provide an opportunity to deal with stress, anxiety, and other mental health related struggles with a variety of tools and coping skills. Completing this Kynd Kit helps provide this same support and sense of community while also providing accessible mental health resources for LGBTQ+ youth.

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
kynd kit
do good. feel good.
kynd kits are a program of project helping
learn more at projecthelping.org
this kit was made with kyndness by:

After
kynd kit
do good. feel good.
kynd kits are a program of project helping
learn more at projecthelping.org
YOU DESERVE GOOD STUFF ♡
this kit was made with kyndness by:
ME! ♡
In the way you remember details that others may not have noticed
In the way you make others feel accepted and welcomed
In the way you listen
YOU HAVE MORE IMPACT THAN YOU KNOW
In the way you recognize the importance of rest
In the way you make someone laugh when they need it
When you are kind to yourself
In the way you love
YOU MATTER

Before

After
YOU ARE beautiful YOU ARE kind
YOU ARE smart YOU ARE enough YOU
ARE amazing YOU ARE loved YOU ARE
bold YOU ARE important YOU ARE
worthy YOU ARE brave YOU ARE fierce
YOU ARE fearless YOU ARE needed YOU
ARE valuable YOU ARE courageous YOU
ARE powerful YOU ARE empowered ♡

STEP 5 OF 12

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.**

STEP 6 OF 12

Create a Pronoun Pin

Trace the shape and size of the pin onto the blank white card. Cut out and decorate a **border** on the piece of paper. Place the image inside of the pin and include in your final kit. This way the recipient can write their pronoun in the pin to wear around.

Before

After

STEP 7 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.

STEP 8 OF 12

Decorate the Canvas Bag

Use the permanent markers to decorate the canvas bag.

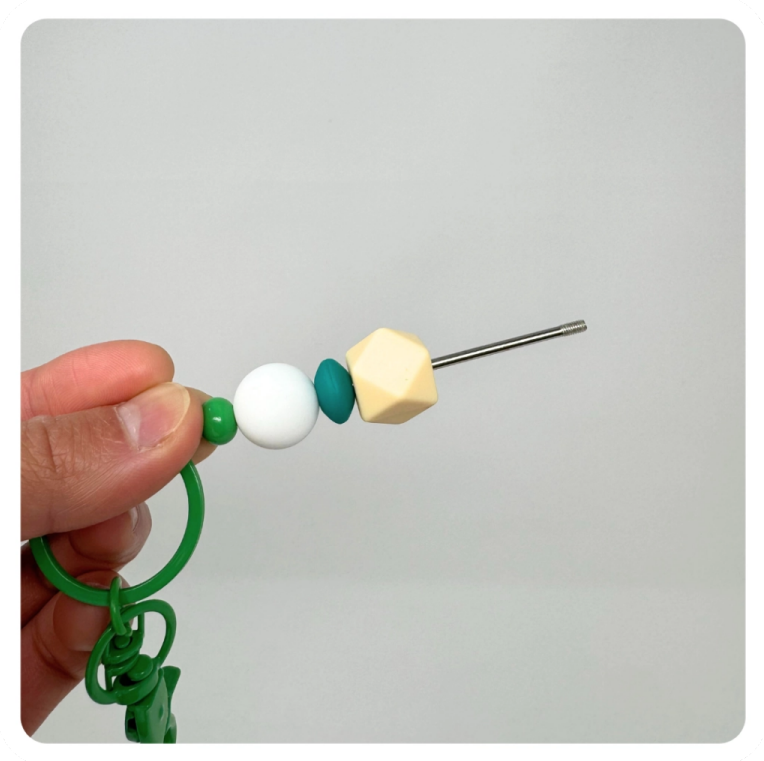
Tip: Place a piece of paper in the bag before decorating to prevent the markers from bleeding through.

Before

After

Build a Fidget Keychain

Use the key chain and silicone beads to create a fidget key chain. This makes a fun, soothing tool for someone who could use a little calm and kyndness on the go.



Pack the LGBTQIA+ Support 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:

- Playing cards
- Journals
- Crafts
- Self-care items
- Protein-rich snacks

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