

IT DOESN'T TAKE A LOT OF TIME TO MAKE A BIG DIFFERENCE



FRIENDSHIP KITS

WHY FAMILY VOLUNTEERING?

Volunteering as a family is a powerful way to teach children valuable real-life lessons about empathy and caring, build skills and provide positive ways for families to connect with each other and their community.

THE ISSUE OF HOMELESSNESS

There are 770,000 homeless children enrolled in the public school system in the United States. These children are homeless for many reasons, including poverty and shortages of affordable housing, as well as many other factors including lack of access to health care, domestic violence and addiction.

WHAT YOU'RE DOING

Making Health and Happiness Kits for people in shelters or those without homes.

WHAT YOU'LL NEED

- Donation Boxes
- Assembly Line Bins
- Paper Kit Bags
- Toothbrush
- Toothpaste
- Hairbrush
- Shampoo
- Wash Cloth
- Soap

IDEAS TO CHAT ABOUT

Think it's cheap to buy the basics? Guess again. Before packing the kits, ask volunteers to guess the cost of each item. Share everyone's guesses and reflect on how much it costs to buy the things we need!

HOW TO KEEP THE GIVING GOING

There's lots of ways to help those in need throughout the year, use the ideas below to keep the giving going!

- Volunteer at a soup kitchen or homeless shelter.
- Make coloring books for kids in shelters.



PROJECT INSTRUCTIONS

1. Place items for the Health and Happiness Kits on the table in an assembly line fashion with the bags at the front of the line followed by the other items.
2. Have the families select a bag and proceed through the line, placing one of each item in their bag.
3. Once participants have completed the assembly line, have them place their finished kits in the donation box.
4. Seal full donation boxes and mark them for donation.

* The prices below represent the approximate cost for one kit. Items can be replaced, exchanged or deleted based on your needs.

Item	Amount	Price
Paper Bags	1	\$0.24
Toothbrush	1	\$2.50
Toothpaste	1	\$3.00
Hairbrush	1	\$2.50
Shampoo	1	\$1.00
Wash Cloth	1	\$1.00
Soap	1	\$1.00
TOTAL		\$11.24

Item	Amount	Price
Donation Boxes	1	\$3.50
Assembly Line Bins	1	\$6.41
TOTAL		\$9.91

REFLECTION

Have participants come together after the project is over. Challenge each family member to come up with 5 words that describe the day's experience in response to the questions below. If more than one family participated, consider forming teams!

- Why was it important to do this project?
- How did you help?
- What was it like to volunteer with your family?
- What was the funniest part of the experience?
- What volunteer activity would you like to do next?