

What is a Kindness Kit?

There are millions of children in the world today who don't have very much. Some children don't have really basic things like toothbrushes, pens and pencils, or even socks.

A 'Kindness Kit' is a bag of resources which is sent to a child in another country who doesn't have very much at all.

The things in a Kindness Kit might seem really simple, but for someone who hasn't got them, they are an amazing gift. By making a Kindness Kit, you are showing someone kindness through your generosity.

What goes into a Kindness Kit?

All items need to be new (not second-hand)

Sponge Soap (Bars) x 2 Toothbrushes (Multiple) Toothpaste Pack of pants (4/5 pairs) Pack of Socks (4/5 pairs) Wash Bag A4 or slightly smaller exercise book Pack of Crayons/Pencils A pencil sharpener A small cuddly toy A small simple toy e.g. toy car, yoyo, small bouncy ball A wooly hat

Optional:

A pencil case

A message card from you (however, please don't include any personal details in the message)



Anyone can make a Kindness Kit - schools, church groups, uniformed organisations, groups of friends or individuals. See overleaf for instructions on putting together a Kindness Kit and how to send it to Feed The Hungry.

Where do Kindess Kits go?

Kindness Kits are distributed by Feed The Hungry UK, who currently work in 20 countries around the world. Due to some import restrictions, the kits can not be sent to some countries, but many of them will be sent to European countries such as Romania and Greece, and African countries like Kenya, Uganda, Zambia and Zimbabwe.

The Kindness Kits are delivered to our local partners working on the ground in different countries. They are then given out to the children they work with. This might be through local schools, orphanages or churches.

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How to make a Kindness Kit...

1) Buy a bag (approx. 34cm by 44cm)

A Kindness Kit needs to be collected together into a drawstring bag which is approximately 34cm wide by 44cm high. These can be purchased online at places like Amazon and eBay. For an up-to-date list of online shops stocking suitable bags, visit **feedthehungry.org.uk/kindnesskit**

2) Decide who your bag will be for

Kindness Kits can be made for children, both boys and girls, in the following age groups:

3 to 5 years old 6 to 9 years old 10 to 13 years old

Keep in mind who the kit will be for as you buy items to put in the bag.

3) Print a shopping list

Go to **feedthehungry.org.uk/kindnesskit** to print a shopping list and label for the bag. The items on the shopping list are shown on the other side of this leaflet. The label should be stuck to the outside of the bag so it is obvious who the bag is for.

4) Go shopping!

All of the items that go into a Kindness Kit are easy to buy from supermarkets, pound shops or online - there's no need to spend a fortune.

Everything that goes into a Kindness Kit needs to be new (not second-hand). Please buy things which are suitable for the age and gender of the child you've chosen to pack the kit for.

5) Pack the bag

Tick each item on the list as you pack it in the bag. Then place the list inside the bag. Please don't pack anything that is NOT on the list. Everything must be new with tags or labels still on. Do not pack any second-hand items as customs rules mean new and second hand items must be sent separately. **Please do not add any food, sweets, chocolate, gum or liquids.**

Stick the label showing who the kit is for to the outside of the bag.



What next...?

Once you've packed your kit, it's ready to be sent to Feed The Hungry.

Visit **feedthehungry.org.uk/kindnesskit** to find out how to get the bag to us.

We ask that every Kindness Kit is sent with a **£2** donation to defray shipping costs. This can be sent with the kit or made as a donation online.



For more information on Kindness Kits, or for help putting one together, please call 01455 618 455 or visit feedthehungry.org.uk/kindnesskit

Kindness Kit Shopping List

All items need to be new (not second-hand)

] Sponge

Soap (Bars) x 2

- Toothbrushes (Multiple)
-] Toothpaste

Pack of pants (4/5 pairs)

- Pack of Socks (4/5 pairs)
- 🗌 Wash Bag
- A4 or slightly smaller exercise book
- Pack of Crayons/Pencils
- A pencil sharpener
- A small cuddly toy
- A small simple toy e.g. toy car, yoyo, small bouncy ball
- A wooly hat

Optional:

A pencil case

A message card from you (however, please don't include any personal details in the message)

Child Size Guide

Socks

Aged 3 to 5 Child Size 9 to 11

Aged 6 to 9 Child Size 12 to Adult Size 3.5

Aged 10 to 13 Adult Size 4 to Adult Size 6.5

Pants

See age on label and purchase suitable sizes for the age and gender of the child you've decided to buy for.



Kindness Kit

Please stick this label securely to the outside of the bag

FFFD[#]**HUNGR**

This Kindness Kit is for a child who is agirlboywho is aged3 to 56 to 910 to 13

Instructions

All of the items that go into a Kindness Kit are easy to buy from supermarkets, pound shops or online - there's no need to spend a fortune. Please buy things which are suited for the age and gender of the child you've chosen to pack the kit for.

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Stick the label showing who the kit is for to the outside of the bag.

Please send ± 2 to defray transportation costs of sending the Kindness Kit. This can be sent with the Kindness Kit, or made as a donation online.

When you're ready to send your Kindness Kit, get in touch using the contact details found at feedthehungry.org.uk/kindnesskit.