

**GIVINGTUESDAYKIDS**  
UNSELFIE PROJECT

#TheFutureIsKindness

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## **Guidebook for Kids & Parents**

KindCraft is providing this guide to parents and kids (plus their teachers, coaches and mentors) to empower KIDS to participate in the GivingTuesday world-wide event. Kids, please always ask an adult for permission before using the computer, social media or making phone calls.

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Design and layout by [Winebrenner Designs LLC](#)



The goal of our GivingTuesdayKids: KindCraft UNselfie Project is to empower KIDS to take action and participate in GivingTuesday. At KindCraft, we believe that #thefutureiskindness and that age has nothing to do with a person's capacity to make a difference.

KindCraft is partnering with GivingTuesday for our GivingTuesdayKids: KindCraft UNselfie Project Project.

KindCraft is providing this guide to parents and kids (plus their teachers, coaches and mentors) to empower KIDS to participate in the GivingTuesday world-wide event. Kids, please always ask an adult for permission before using the computer, social media or making phone calls.

Our mission is to create a community of compassionate children through engagement and involvement in humanitarian service projects related to aiding, clothing and feeding those in need.

Our vision is to help children understand the importance of giving to others and we hope that they will continue to give as adults.

***Kindness does not have an age limit.***

## Stay Connected

Please join our [Facebook Event GivingTuesdayKids: KindCraft UNselfie Project](#) to stay up to date on news and discussion.

Please follow @KindCraftKC on [Facebook](#) and [Instagram](#). Feel free to DM us on any social media or email [courtney@kindcraft.org](mailto:courtney@kindcraft.org) if you have any questions.

## Acknowledgments

A special thank you to our GivingTuesday KIDS UNselfie Project sponsor, [Winebrenner Designs LLC](#) and the support they have provided KindCraft. Winebrenner Designs LLC has been instrumental in launching the GivingTuesday KIDS UNselfie Project website, the design of all supporting program materials, and providing child wristbands to participants.

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# Learn the Lingo

## What is the GivingTuesdayKids: KindCraft UNselfie Project?

KindCraft is hosting a GivingTuesdayKids: KindCraft UNselfie Project event to empower kids to participate in GivingTuesday, a global day of giving.

## What is GivingTuesdayKids?

GivingTuesday is a global day of giving. Participants from all over the world find ways to give their time, money, talent and/or goods to a cause, organization, group or individual that they are passionate to help.

GivingTuesdayKids and #GivingTuesdayKids is all about encouraging **kids** to take action and impact change around the causes they care about most on GivingTuesday.

On December 3, 2019, kids all over the world will lead volunteer projects, acts of kindness, and epic givebacks, proving that everyone has the power to make change in their communities and that *everyone* has something to give.

GivingTuesday is celebrated the Tuesday following Thanksgiving. **This year's event is on Tuesday, December 3, 2019.**

## What is an UNselfie?

An UNselfie [uhn-sell-fee] is a photograph shared on social media to show support for GivingTuesday and inspire others to take action.

## How to take an UNselfie?

Download and print the GivingTuesdayKids: KindCraft UNselfie Project share sign [INSERT LINK]. Write in what your KID has given. Take a picture (just the sign, your KIDS holding the sign, or any variation you prefer). Tag it #kindcraft, #thefutureiskindness, #givingtuesdaykids, #givingtuesday and upload it to your instagram and/or Facebook from now until December 3, 2019.

## Do I have to share on social media?

Sharing on social media is optional. KindCraft respects your child's privacy. Completing the project and learning how amazing it feels to give, is the most important part!

## What is #TheFutureIsKindness hashtag?

The goal of our GivingTuesdayKids: KindCraft UNselfie Project is to empower KIDS to take action and participate in GivingTuesday. At KindCraft, we believe that #thefutureiskindness and that age has nothing to do with a person's capacity to make a difference. We are encouraging participants to use the #thefutureiskindness hashtag to create a social media buzz, amplify our reach by expanding our normal audience and encourage new donors to get involved!

## How long does the project take?

GivingTuesdayKids: KindCraft UNselfie Project can take as long or as short as you and your child prefer. Our list of idea prompts have short projects and longer more in depth ideas. The choice is up to the individual child (and supportive adult). Most projects will be concluded on December 3, 2019, the global day of giving.

# Let's Get Started

The *GivingTuesdayKids: KindCraft UNselfie Project Guidebook* is designed to walk you through our simple five step process to create the project.

The KindCraft five step process includes:

1. Choose Your Project
2. Bring your project to life
3. Register your project
4. Share your project
5. Reflect

The process is outlined in a worksheet format to encourage brainstorming, decision making and planning by the child.

## How to use this Guidebook

We've designed our guidebook to walk you through our five step planning process: choosing your project, bringing your project to life, registering your project, sharing your project and reflecting on your project.

Each step of the process leads you to the next. However, you can start the process anywhere. If you already know your passion and who you want to help jump in at Step 2. Or, if you've been helping with a group already and want to share it with KindCraft jump in at Step 3.

If you are more of a digital person, checkout our online guide at <https://www.kindcraft.org/unselfie-project>.

Grab a pen or pencil and a highlighter. Print the worksheets and follow along to brainstorm, determine, plan and execute your project.

*If you just joined our project and you are short on time or have very small children don't worry, we have ideas for all time frames and ages.*



# GivingTuesdayKids: KindCraft UNselfie Project Worksheets

**Directions:** Use the following worksheets to help figure out what *tugs at your heartstrings*. That means what makes you **feel** something. Maybe you **feel** sorry for someone who is hungry. Maybe you **feel** sad that a dog was abandoned on the street. Maybe you know someone that has cancer and you **feel** frustrated that they are so sick. In five short steps you will identify your passion and choose a project. *Ready, set, let's find your passion!*

## Step 1: Choose Your Project

### Find Your Passion

Mark off the topics below that you are passionate about making a change or impacting. Once this is done, the next step is to look at examples of projects you could do under each category.

I am passionate about:

- Helping the environment
- Helping the elderly (older people)
- Helping the homeless
- Helping the sick
- Helping the hungry
- Helping animals
- Supporting servicemen and servicewomen
- Spreading kindness at school
- Surprising others with kind acts
- Helping children who are in foster care
- Spreading kindness in your own family
- Being a good neighbor
- \_\_\_\_\_ (Add your own.)

## Narrowing Down Your Ideas

Look at the main topics you checked off from the first page. Using a highlighter, mark the specific tasks or the causes you feel most passionate about under each category (or add your own).

### Helping the environment

- Clean up a neighborhood playground
- Clean up a park, lake, or beach
- Plant a garden
- [Harvest fruits and vegetables](#)
- Plant trees
- Clean up around your school
- Lead a recycling project
- Pledge to pick up 10 pieces of litter a day
- [Make plarn \(plastic yarn\)](#) that can be woven into a plastic mat for the homeless
- \_\_\_\_\_ Add your own idea.

### Helping the elderly (older people)

- Shovel snow or rake leaves for your elderly neighbor
- Find a [local nursing home](#) and ask how you can help
- Bring your favorite game to a nursing home and play it with the residents
- Donate adult coloring books to a nursing home
- Make [care bags for the elderly](#)
- Make a craft to hang on the door of a [resident at an assisted living property](#).
- Make [kindness placemats](#) for the elderly
- Design a memory book for a dementia patient
- Write cards for seniors at a nursing home
- Sing songs at a nursing home
- Sign up to deliver meals through the Meals on Wheels program
- Make some bookmarks, crafts, or a nice card to add to the [Meals on Wheels meal delivery program](#)
- \_\_\_\_\_ Add your own idea.

### Helping the homeless

- Volunteer at a soup kitchen
- Host a shoe drive or a shoe cutting party for [Sole Hope](#)
- Collect jeans for local youth in need
- [Host a diaper drive](#)
- Assist with sorting and organizing donations at a homeless shelter
- Host a drive for [warm winter clothing for the homeless](#)
- Make a no sew fleece blanket for the homeless
- Donate your toys
- Pack snack bags to store in your car to hand out to the homeless
- Go to a park and hang mittens on a tree
- \_\_\_\_\_ Add your own idea.

**Helping the sick/disabled**

- [Make care bags for families of kids in the hospital](#)
- Host a lemonade or hot chocolate stand and use the proceeds to buy [hot wheels cars for sick children](#)
- Find an [organization that is already helping sick children and ask how you can help](#)
- Design an activity book for a child in the hospital
- Host a meal with friends and wear blindfolds to [build compassion for the blind](#)
- Make a no sew fleece blanket for children in the hospital
- [Paint a "Believe Big" mug for a cancer patient](#)
- Participate in a [5k or 1 mile fun run for a good cause](#)
- \_\_\_\_\_ Add your own idea.

**Helping the hungry**

- [Pack lunch sacks](#) and [donate them](#)
- Start a can drive and [collect canned goods](#) to donate
- [Make sandwiches and donate](#) to an organization that provides meals to those in need
- [Clean fruit and vegetables and deliver food to food pantries](#)
- Find a meal packing program and [volunteer to pack meals](#) with them
- \_\_\_\_\_ Add your own idea.

**Helping animals**

- Volunteer at an animal shelter
- [Make homemade dog treats and deliver to an animal shelter](#)
- Set up a donation drive to help animals in need
- Make signs to advocate for animal adoption
- [Make dog or cat toys](#)
- Leave a bowl of water on a trail for a dog
- Read to animals at your local animal shelter
- Make a birdfeeder
- \_\_\_\_\_ Add your own idea

**Supporting servicemen and servicewomen**

- Write thank you cards for first responders
- Bake cookies and deliver them to the police station
- Send a colorful card to troops overseas
- Make a no sew fleece blanket for a child whose parents are overseas
- Run a Halloween candy drive for troops
- \_\_\_\_\_ Add your own idea.

**Spreading kindness at school**

- Leave kind messages on lockers
- Make a friendship bracelet for a friend
- Eat lunch with someone new
- Start a kindness club at school
- Let anyone who wants to play join the game
- Make a “New Kids” handbook for kids who come to school in the middle of the year
- Purchase extra school supplies for a teacher
- Say hello to three new people you’ve never talked to before
- Ask someone to play at recess
- Post positive messages on mirrors with post it notes
- Use chalk to write uplifting messages on the sidewalk/entrance to school
- Write a note to a former teacher
- \_\_\_\_\_ Add your own idea.

**Surprising others with kind acts**

- Leave an encouraging note in a library book
- Give an unexpected gift “just because”
- Donate books to the library
- Ask for donations instead of birthday gifts on your birthday
- Attach quarters to [Random Acts of Kindness Cards](#) and attach to gumball machines
- Give your crossing guard or bus driver a thank you card
- Help someone with yard work
- Write thank you cards for community workers (garbage/recycling workers)
- Design your own [Kindness Calendar and share it with friends](#)
- Smile at 10 people a day
- Tape money to a parking meter
- [Paint kindness rocks](#) and place in a park or on a pathway
- Write a letter or email someone who has made a difference in your life
- [KindCraft’s 50 Random Acts of Kindness Checklist](#)
- \_\_\_\_\_ Add your own idea.

**Helping children who are in foster care**

- [Collect and donate school supplies](#)
- Run a toy drive for the holiday season
- [Have a birthday bag event](#) where you [collect birthday items for kids](#)
- Donate clothes you no longer wear anymore
- Donate books you are done reading
- [Donate lego bricks or help sort them](#)
- Host a book drive
- \_\_\_\_\_ Add your own idea.

**Spreading kindness in your own family**

- Make breakfast for your parents
- Write your sibling a kind note
- Put your electronics down and spend quality time as a family
- Share your toys without whining
- Offer to do a siblings' chore
- [Have a device free meal together](#)
- Forgive a family member
- Let a sibling go first
- Read a story to your sibling
- Call your grandparents
- Have someone trace you on a big piece of paper and mail a "hug" to your grandparents
- \_\_\_\_\_ Add your own idea.

**Being a good neighbor**

- Mow your neighbor's lawn
- Bring your neighbors cookies
- Offer to help carry in their groceries
- Leave happy notes all over your neighborhood
- Leave flowers on your neighbor's porch
- Take your neighbors trash up to their garage for them
- Ask a neighbor that you don't usually play with to play!
- Offer to help with your neighbor's mail if they are going on vacation
- \_\_\_\_\_ Add your own idea.

Please review the [KindCraft Resources](#) webpage or the end of this document for groups that may need the benefits of your project. If applicable, highlight the group that best meets your passion for giving back. With the permission of a parent, visit the organization's website. Are there ways listed on their website that give you more ideas on how you can help their cause? Or, with a parent's permission, call the organization and ask them if they would be interested in the benefits of your project idea.

## Commit to Your Project

Of the items you highlighted above which *one* activity made you **feel** most excited to start right away? (You can do more but for now, let's pick just one.)

For example: if "helping the environment" and the specific activity was to "plant trees" make you most excited to get started then your statement would read:

*My GivingTuesdayKids: KindCraft UNselfie Project is **planting trees to help the environment.***

**FACT:** Studies show that 70% of people who write down their commitment are more likely to accomplish the goal.

You guessed it... let's write down your project commitment.

**My GivingTuesdayKids: KindCraft UNselfie Project is \_\_\_\_\_**  
**to \_\_\_\_\_.**

**Congratulations, you just decided on your GivingTuesdayKids: KindCraft UNselfie Project!**

## Share your project choice with KindCraft

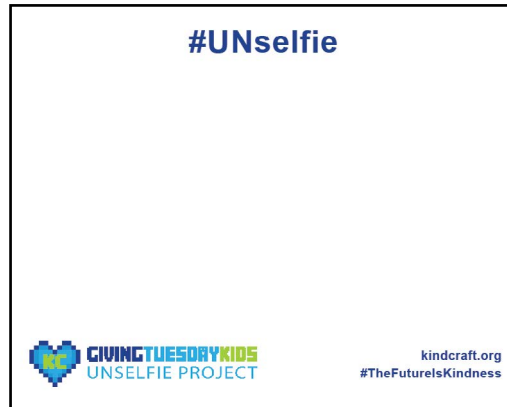
Please complete our online form to share your commitment with KindCraft. Please visit:

<https://www.kindcraft.org/commit-to-your-project>

### SOCIAL SHARE TIP

#### Share your project choice on Social Media

You can share your project on social media by taking a picture with our [UNselfie Share Sign](#). (Or print the sign from the Resources page of this document.) Tag it **#kindcraft**, **#thefutureiskindness**, **#givingtuesdaykids**, **#givingtuesday** and upload it to your instagram and/or Facebook from now until December 3, 2019.



Or, use our completed #UNselfie Project Planning Share Sign.



You can download and print the sign by [clicking here](#) or from the Resources page of this document.

*The next step is to outline a plan on how you are going to bring your project to life.*







**Other things to think about:**

Do you need to contact an organization to get permission to conduct your project or verify that they can accept the donations you collect?

Do you need permission from a school or business to host a donation drive?

What materials will you need for your project?

Will you need to buy the supplies?

Who will pay for the supplies?

Will supplies be donated?

How will you get donations for your supplies?

Materials Needed	Buy or Donation?

## SOCIAL SHARE TIP

### Use social media to recruit helpers and donations.

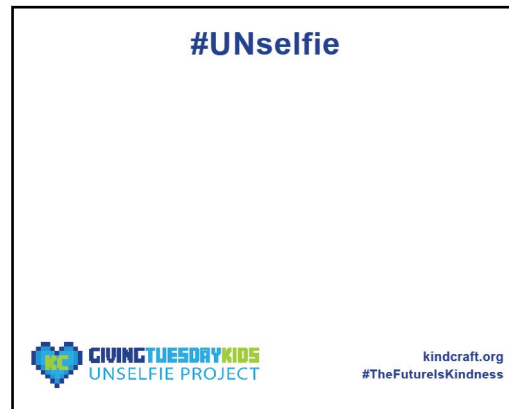
You can share your project on social media by taking a picture with our UNselfie Share Sign. Tag it **#kindcraft**, **#thefutureiskindness**, **#givingtuesdaykids**, **#givingtuesday** and upload it to your instagram and/or Facebook from now until December 3, 2019.

#### Ideas to write on your sign to ask for help:

I am looking for volunteers to help me \_\_\_\_\_ for my KindCraft GivingTuesdayKids: KindCraft UNselfie Project.

OR

I am collecting donations for my GivingTuesdayKids: KindCraft UNselfie Project to help \_\_\_\_\_.



You can download and print the [UNselfie Share Sign](#). Or, print the sign from the Resources page of this document.

#### Time to Spread the Word

*On the next page we share some design tips on how to spread the word about your project.*

## Spread the Word about Your Project

You decided on what your GivingTuesdayKids: KindCraft UNselfie Project is going to accomplish and when it is going to happen.

Next, let's explore ways you can get the word out about your amazing project. Time to put on your creative hat!

### How will you spread the word about your project?

- Posters
- Social Media
- Flyers
- \_\_\_\_\_ Add your own idea.

## What should be on a poster, flyer and/or social media post?

The basics of who, what, when, where, why and how.

**WHO:** Who is hosting or running the event? (YOU!)

**WHAT:** What is the event?

**WHEN:** When does the event take place and for how long?

**WHERE:** Where is the event held?

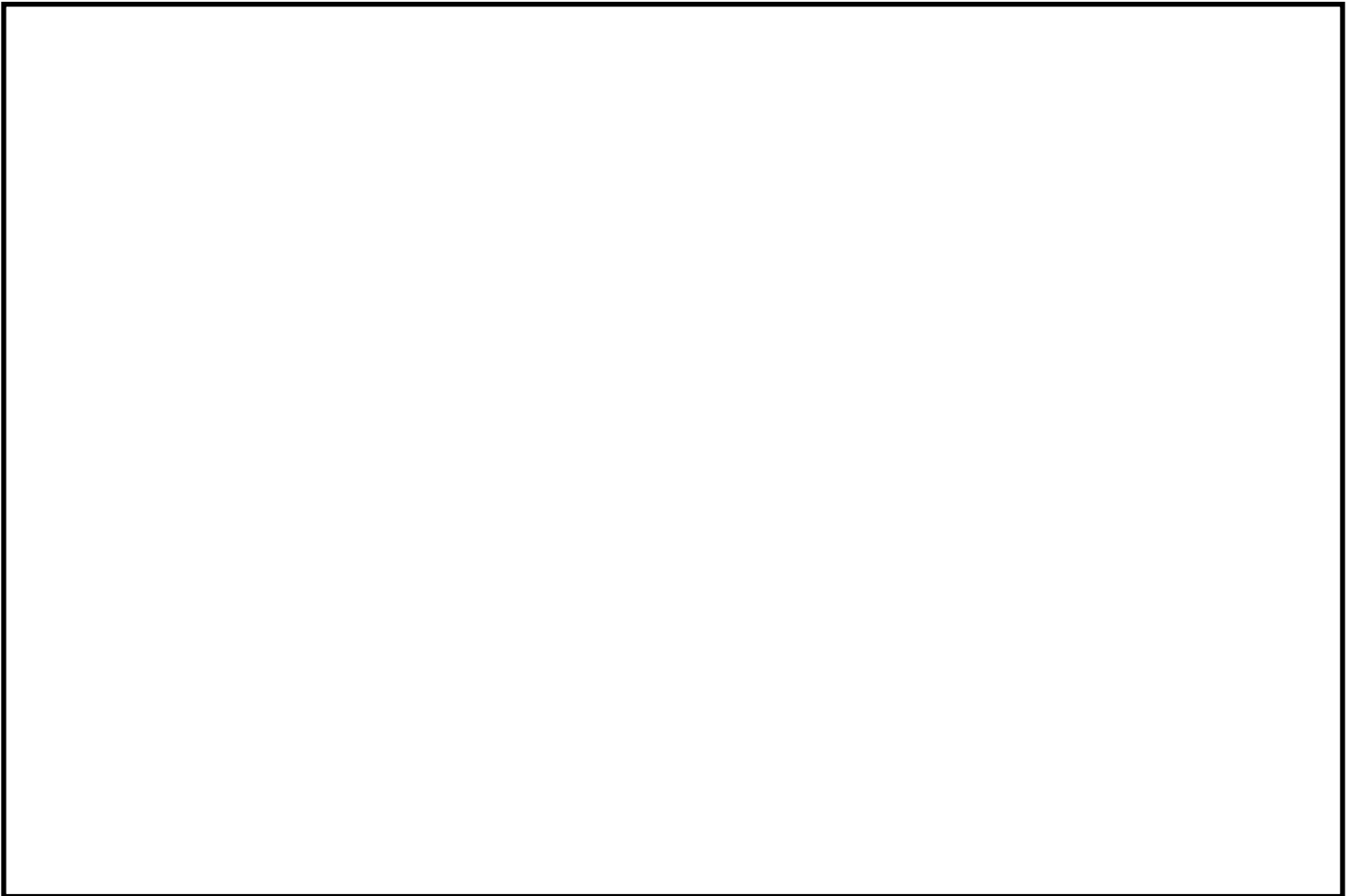
**WHY:** Why is this event taking place? Who is it benefiting?

**HOW:** How can the reader take action to get involved or help?

## Design Tips

- Use fonts and lettering that are easy to read on posters, flyers social media posts.
  - Use no more than three fonts. (Bold and Italic do not count as different font and help make headlines and subheads stand out to readers.)
  - Use no more than three font sizes.
  - Use color, if your budget allows.
    - Color copies are more expensive than black and white.
    - Posters always look best with bright colors.
    - Note: yellow fonts and lettering on white backgrounds are very hard to read. Adding a shadow or an outline will help make yellow text pop.
- Add at least one image or graphic to posters and flyers.
  - Be sure to use images that are free for public use. A few good resources: [clker.com](http://clker.com), [pdclipart.org](http://pdclipart.org), and [classroomclipart.com](http://classroomclipart.com).
- Social posts should always include an image and text to grab people's attention AND to rank higher in news feeds (be seen by the most people).
  - Remember to tag images and posts with **#kindcraft** **#thefutureiskindness** and **#givingtuesday**.

**Use the space below to sketch out your design.**



## Step 3: Register your Project!

We want to help your project be wildly successful.

### Why should you register?

- KindCraft will help promote your project on our social media channels.
- KindCraft is giving each child who participates in the project a special KindCraft wristband to wear (while supplies last).



Each child participating in your event is eligible to receive a KindCraft wristband (while supplies last).

**NOTE:** Tuesday, November 26 is the last day to register your project in order to receive a wristband *before* GivingTuesdayKids on Tuesday, December 3, 2019.

Please register your project on our website at [www.kindcraft.org/register-your-project](http://www.kindcraft.org/register-your-project)

# Step 4: Share your GivingTuesdayKids: KindCraft UNselfie Project

The goal of our GivingTuesdayKids: KindCraft UNselfie Project is to empower KIDS to take action and participate in GivingTuesday. At KindCraft, we believe that #thefutureiskindness and that age has nothing to do with a person's capacity to make a difference.

## Download and Print Share Sign

You can download and print the [UNselfie Share Sign](#). Or, print the sign from the Resources page of this document.

### Write on the Sign

Write your project statement from Step 2 on the sign:

I am \_\_\_\_\_ for my GivingTuesdayKids: KindCraft UNselfie Project.

### Take a picture.

The picture can be just the sign, your child holding the sign, your family holding the sign, or any variation you prefer. Tag it #kindcraft, #thefutureiskindness, #givingtuesdaykids, and #givingtuesday and upload it to your instagram and/or Facebook from now until December 3, 2019.

## SOCIAL SHARE TIP

We are encouraging participants to use the #thefutureiskindness hashtag to create social media buzz for KindCraft, amplify our reach by expanding our normal audience and encourage new donors to get involved!

# Step 5: Reflect on Your Project

Let's take a look back at your project and what you accomplished.

## Project Reflection: Child Questions

What was your goal?

Did you achieve your goal? How do you know?

What did you like about your project?

What was hard?

What would you do differently next time?

## Project Reflection- Adult Questions

What did you observe about your child during the project?

What did your child learn by doing this project?

What can KindCraft provide to better assist your child with this project in the future?

We would love to share your story on our website, social media and other promotional materials. We know your hard work will inspire others to spread kindness. Please visit our website to complete our online Project Reflection form at [www.kindcraft.org/reflect-on-your-project](http://www.kindcraft.org/reflect-on-your-project).



# Resource Page

for the GivingTuesdayKids: KindCraft UNselfie Project

Below is a list of organizations that KindCraft has helped through our community service events. Click on their link below to learn about the mission and needs of each organization. If you are an organization interested in becoming a partner with KindCraft, please [contact us](#).

## Animals

[Always and Furever Midwest Animal Sanctuary](#)  
[Great Plains SPCA](#)  
[KC Pet Project](#)  
[Melissa's Menagerie Second Chances](#)  
[Midwest Animal Resque](#)  
[Olathe Animal Shelter](#)  
[Pawsabilities](#)  
[Pawsitive Tails Dog Rescue](#)  
[The Pet Connection](#)  
[Unleashed Pet Rescue](#)  
[Wayside Waifs](#)

## Children

[Band of Angels](#)  
[Blair's Foster Socks](#)  
[Braden's Hope for Childhood Cancer](#)  
[Caring for Kids KC](#)  
[Charlie's House](#)  
[Cornerstones of Care](#)  
[Kids TLC](#)  
[Love Literacy Life](#)  
[Olathe Public Library](#)  
[Operation Breakthrough](#)  
[Reach Out and Read](#)  
[Rose Brooks](#)  
[Stuffed Animals for Emergencies](#)  
[Sleepyhead Beds](#)  
[Sunflower House](#)  
[Turn the Page KC](#)

## Elderly

[Good Samaritan](#)  
[Meals on Wheels MOW Volunteer Opportunities](#)  
[Shepherd's Center of KC](#)  
[Village Shalom](#)

## Food Pantries

[After the Harvest](#)  
[Harvesters](#)  
[Backpacks for Hunger](#)  
[Catholic Charities](#)  
[Jewish Family Services](#)  
[Mission Southside](#)  
[New Hope Food Pantry](#)  
[Shawnee Community Services](#)  
[Thelma's Kitchen](#)  
[Youthfront](#)

## Foster Children

[CASA of Johnson and Wyandotte County](#)  
[DCCCA](#)  
[Ember Hope](#)  
[Foster Adopt Connect](#)  
[The Giving Brick](#)  
[Joy Meadows](#)  
[KVC](#)  
[O'Connell Youth Ranch](#)  
[The Shelter Inc](#)  
[Together We Rise](#)  
[Wichita Children's Home](#)  
[You Thrive](#)

## Helping the Poor

[Adelante Thrift](#)  
[Giving the Basics](#)  
[Evolve Outreach](#)  
[Happy Bottoms](#)  
[Hands to Hearts](#)  
[Johnson County Christmas Bureau](#)  
[Metro Lutheran Ministries](#)  
[Operation Breakthrough](#)  
[Phoenix Family](#)  
[Red Bags KC](#)  
[Sleep in Heavenly Peace](#)  
[Turnstyles](#)  
[Uplift Organization](#)  
[Salvation Army Bell Ringers](#)

## Helping people who are sick, disabled and/or have special needs

[Alex's Lemonade Stand](#)  
[Alphapointe](#)  
[Angel Flight Central](#)  
[The Brayden Garrett Burn Foundation](#)  
[Children's Mercy](#)  
[Down Syndrome Guild of Kansas City](#)  
[Henry's Haul](#)  
[The Jared Box Foundation](#)  
[Northland Therapeutic Riding Center](#)  
[Ronald McDonald House](#)  
[The Shadow Buddies Foundation](#)  
[SOAR special needs ministry](#)  
[Variety Children's Charity of Greater Kansas City](#)

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# #UNselfie



[kindcraft.org](http://kindcraft.org)

#TheFutureIsKindness

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# #UNselfie

*I am planning my  
GivingTuesdayKids: KindCraft UNselfie Project!*

*Join in the fun!*

*Visit: [kindcraft.org/unselfie-project](http://kindcraft.org/unselfie-project)*



[kindcraft.org](http://kindcraft.org)

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