

# KINDNESS KITS

## DESCRIPTION

Assemble bags with toiletries and food, to give to a person who is asking for help on the street.

## MATERIALS

( A KINDNESS KIT CAN INCLUDE SOME OR ALL OF THE ITEMS LISTED ) :

- Gallon size bag
- Lotion – travel size
- Toothbrush
- Toothpaste
- Travel size shampoo and conditioner
- Hand sanitizer – wipes or small bottles
- Gum – minty flavor
- Plastic fruit cup
- Granola bar
- Chapstick
- Socks
- Tissue packs (small/individual packs)
- Instant coffee (small/individual pouch)
- Band-aids – set of 5
- Snack-size bag for band aids
- Washcloth
- Index card to write personal card/message
- Markers/crayons or pens to write personal message on index card

## INSTRUCTIONS:

1. Set up items for the project – you may want to make them into an assembly line if you are planning on making a number of Kindness Kits
2. Place items in a gallon size bag
3. Make a card for the recipient and put it into the bag – you may want to include a cheerful, supportive message or picture
4. Once you finish assembling the Kits, put them in your car and give them away to individuals who are asking for help in lieu (or in addition to) giving money. The bags contain items that someone with limited resources can use for immediate needs.

## LEARNING RESOURCES:

# KINDNESS KITS

Consider keeping Kindess Kits in your car to give to individuals you may encounter who are asking for help – these bags can be given along with or instead of money and include many items often requested by individuals experiencing homelessness.

## JEWISH VALUE CONNECTED TO THIS PROJECT:

*Lo ta'amod* - לֹא תַעֲמֹד – take action

## FACTS ABOUT HOMELESSNESS:

- More than 50,000 individuals experience homelessness in Maryland annually. More than 10x that many are poor.<sup>1</sup>
- Nationally, 11% of the adult homeless population are veterans.<sup>2</sup>
- Socks are one of the most needed and least frequently donated items for individuals experiencing homelessness.<sup>3</sup>

## CONSIDER THIS QUOTE:

**“Do not stand idly by if you witness injustice. You must intervene. You must interfere.”**

- Elie Weisel

## DISCUSSION QUESTIONS:

- What are some thoughts you have when you encounter someone who is asking for help on the street?
- If you were no longer able to live in your current home, where would you go?
- What are some injustices that you see in the world?
- How can you commit to intervening to address these injustices this year?

<sup>1</sup> <https://www.hchmd.org/homelessness-maryland>

<sup>2</sup> [http://nchv.org/index.php/news/media/background\\_and\\_statistics/](http://nchv.org/index.php/news/media/background_and_statistics/)

<sup>3</sup> <https://www.stand4socks.com/pages/homeless>