



Yuliia Darnytska Foundation

Care Kit: Support and
Comfort for Children in
Difficult Times



Youth
support

Rebuilding
Ukraine



Project Idea and Goal

The "Care Kit" project aims to provide emotional and psychological support to children facing difficulties due to war and other crisis situations. The goal of this project is to help children cope with stress, maintain their self-belief and develop resilience. We strive to create comfort and solace for children from various social categories, especially those living in border regions and internally displaced persons.

*Developed with professional psychologists and teachers.

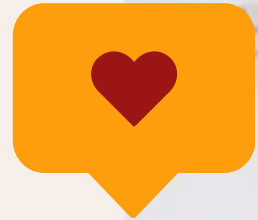




Contents of the Care Kit

The Kit is filled with carefully selected items that will help children find comfort and entertainment during tough times:

- Coloring Books: Help distract and develop creative abilities.
- Crayons and Markers: Encourage creative activities that can reduce stress.
- Stress Relief Toys: Various stress-relief toys, such as soft balls or slimes, help calm the nervous system.
- Soft Toys: Provide a sense of comfort and safety, especially in moments of fear or anxiety.
- Psychological Cards: Developed in collaboration with psychologists and educators, these cards include various exercises and activities:
- Relaxation Exercises: Breathing practices, meditations, and relaxation techniques.
- Thinking Exercises: Tasks to develop logical and critical thinking.
- Stories of Famous People: Inspiring stories about famous people who have overcome difficulties.
- Origami and Creative Tasks: Instructions for creating origami and other creative crafts.





Target Demographics

 **Children and Youth**

 **Internally displaced persons**

 **War victims**



Values and Benefits

The Care Basket is designed with the following important aspects in mind:

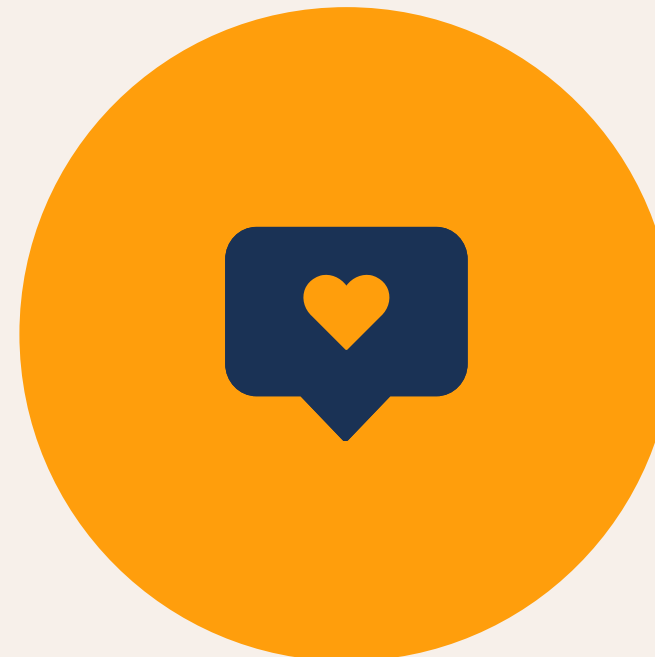
Durability: All items in the basket are of high quality and can be used by children for a long time. This means that children can take these items with them even to bomb shelters, contributing to a sense of safety and stability.

Emotional Support: Each item in the basket is aimed at reducing stress and anxiety, improving mood, and helping children cope with difficult situations.

Support for Ukraine: The Care Basket is also a symbol of support and unity in tough times, showing that we care about the future of our children together.

Development and Education: Coloring books and exercise cards promote cognitive skills development and support the educational process even during crises.

Uniqueness: The Care Basket is a unique set, with its contents and design created by our team in collaboration with professional psychologists and teachers.





Ways to Support

The cost of one box is \$15. The number of boxes we can produce is unlimited. When partnering with us, we feature partner logos on the boxes. The children who receive the boxes are selected using official lists from social services and school administrators. We ensure transparent reporting.

There are numerous ways to support our charity project: you can make a financial donation, contribute goods or services, volunteer your time and skills, or help raise awareness by sharing our mission on social media and through word-of-mouth.





Call to Action

Join us in our quest to build a better future for those who need it most. Together, we can bring about real change and ignite hope in the lives of many. Act now and be a driving force for positive transformation!

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