



K-Kids Around the World Unified Service Project

Kindness Tray Liner and Placemat Project Instructions

Here's a wonderful way to brighten someone's day: Surprise them with a gift made from an act of kindness. With the Kindness Tray Liner and Placemat Project, K-Kids club members can create and decorate food tray liners or table placemats with colorful art and caring, inspiring messages.

Step 1: Research places in your community to receive the gifts.

Have members do research to find organizations or programs that can use and want food tray liners or placemats for the people they serve. By contacting these places, your members will learn if they accept handmade items and will find messages of kindness and caring good for their clients or residents. Two possibilities are:

- **Meals on Wheels:** This organization is dedicated to addressing the isolation and hunger of senior citizens by having individual volunteers and families deliver meals to older adults. Find your local Meals on Wheels location at [Meals on Wheels America](#).
- **Assisted living facilities:** These facilities care for older adults and adults with disabilities who live there. They have volunteer opportunities for kids interested in doing activities with residents, like playing games, reading aloud, and puzzle making. Find your local facilities by searching online or asking older adults you know.

Step 2: Decide which place will receive the donation and determine details with its staff.

Have members gather and review their research to decide where to donate. Then contact its staff again to discuss key details:

- Would they prefer tray liners or placemats? If liners, what are the trays' exact size?
- How many liners/placemats can they use?
- When and how would they like the liners/placemats delivered?

Step 3: Gather project supplies.

There are two ways members can do this service project — together as a club or at home with their families. If the club meets to do the project, buy or gather the supplies listed below. If members will make liners/placemats at home: (1) send the list below to members and parents/guardians and (2) provide a date when members need to have their liners/placemats designed and brought to a club meeting to gather them for donating.

Supplies List:

- Paper (butcher block, copy paper or construction paper)
- Scissors
- Broad tip markers and/or crayons
- Smart device to research inspiring, caring, kind sayings and quotes
- Other art supplies, such as stickers, colored paper and glue

Step 4: Tray Liner & Placemat Making Instructions:

1. Set out project supplies.
2. Clear a place to work and sit down to begin.
3. Research and gather messages that are inspiring, caring, kind. Think about images that match the sayings or that will make the receiver happy.
4. Cut the paper to the right size. (See the sidebar for size suggestions.)
5. Picture how you want to design each food tray liner/placemat before you decorate the paper with images and messages using markers or crayons.
6. Consider laminating the food tray liners/placemats if the club has access to a laminator.

Step 5: Donate the Kindness Tray Liners or Placemats.

Take pictures of your creations to capture the service project for your club. Deliver the club's tray liners or placemats to your selected organization/program when and how you discussed with your staff contact. If it makes sense for your club and the needs of the organization/program, consider continuing service with this place in the future.

Look at how fun and easy it was to make your gifts! Good job doing service that brings a smile to someone's face — and kindness to the lives of others!

Figuring out paper size

Tray Liners:

If the organization or place uses food trays and gave you their measurements, cut paper that is 1 inch less in length and width. To make tray liners without measurements, **9" wide x 13" long** fits an average small tray.

Placemats:

Taping two pieces of copy paper together on their short side makes a **good size placemat = 11" wide x 17" long!**