

# INSTRUCTIONS FOR MAKING STRESS RELIEF CARE PACKAGES

## for the **Koby Mandell Foundation**

### To distribute to children and teens in Israel

Thank you for participating in our Stress Relief Care Package Program. These bags will be distributed by the Koby Mandell Foundation (KMF) to children and teens in Israel who have lost loved ones due to terror or tragedy. KMF is one of the largest support agencies in Israel, providing therapeutic programming for families experiencing unimaginable trauma and pain.

#### **YOUR BOX CONTAINS ALL THE COMPONENTS YOU NEED TO CREATE 72 STRESS RELIEF CARE PACKAGES. IN EACH BOX YOU WILL FIND:**

1. **82** KMF branded plastic zipper bags to hold the contents. We've included 10 extra bags for your convenience.
2. **100** Blue Flyers (pre-folded) containing information about KMF, breathing techniques and yoga stretches.
3. **100** United States Map Cards with Hebrew messages
4. **72** Rescue Remedy boxes – a homeopathic, natural stress relief tincture that is used in Israel.
5. **144** Shower Steamer pellets (2 per care package) – these release calming essential oils in the shower
6. **216** Fidget Gadgets - These were chosen to appeal to all ages and to help with stress. Includes **72** fidget toys, **72** squishy hearts and **75** containers of Play Doh.

*Note: these three items may change slightly due to product availability.*

7. 1 Duffel Bag – the wheeled 91L duffel will hold all 72 care packages.

#### **PERSONALIZE AND DECORATE THE UNITED STATES MAP CARD**

Set up tables with markers, stencils, stickers, etc. to decorate the card. This is the place to be creative and personalize your bags. The Hebrew message on the front says “We love you.” “We support you.” “We are with you.” The United States map on the back allows you to indicate your location to help the Israeli children and teens understand where you live. The magic happens when the participants personalize the messages and the children in Israel feel the connection to, and support from, their friends in the United States. You can print out the page below entitled “Personalize and Decorate This Card” and place at each table along with the decorating supplies.

#### **TO ASSEMBLE CARE PACKAGES**

Print out pages 3-11 from this instruction packet and place in Lucite frames. Place all of the frames on one or two 8ft tables. In front of the frames, arrange the items on the table that correspond to Step 2 through Step 6. Make sure to give the participants enough room to walk down the assembly line picking up items as they go and placing in the clear plastic bags.

Depending on your numbers, each participant can assemble more than one bag. Participants should add the blue flyer and their personalized cards into the bags as they go down the assembly line. *Each completed clear plastic bag should include:*

- 1 Blue Flyer (folded)
- 1 United States Map Card with Hebrew message (personalized and decorated)
- 1 Rescue Remedy
- 2 Shower Pellets
- 1 Fidget Toy
- 1 Squishy Heart
- 1 Play Doh



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#### QUALITY CONTROL

We have found that a level of quality control is important to ensure each care package is the same. A person, at the end of the line, should check the completed bags for all items, arrange flatly, zip them and set them in the duffel bag.

#### DELIVERY OF CARE PACKAGES TO KMF IN ISRAEL

Each community is responsible for transporting the duffel bag to Israel. It is not shipped, but rather checked as an extra bag by someone travelling to Israel. We have found that "Jewish Geography" works to find people to take the care packages.

Once you have a contact and flight information, please reach out to Jeremy Sheldon, Engagement and Outreach Manager of The Koby Mandell Foundation. He will assist with completing the Customs Declarations and coordinate a representative to meet you at the Ben Gurion Airport to pick up the bag.

It typically costs \$50 to check an extra bag and each community pays that fee. Please contact Jeremy Sheldon ([jeremy@kobymandell.org](mailto:jeremy@kobymandell.org)) to assist with these arrangements.

#### QUESTIONS?

Any questions about the process of making the care packages? We're here to help you:

#### Meryl Braunstein

Vice Chair, Mandell JCC Board of Directors - [mmbraunstein@comcast.net](mailto:mmbraunstein@comcast.net)

#### Leslie Sax

Chief Program Officer, Mandell JCC - [lsax@mandelljcc.org](mailto:lsax@mandelljcc.org)

Care packages will be distributed by:



*Thank you for making a difference!*



THE FOLLOWING PAGES CAN BE PRINTED AND PLACED IN LUCITE FRAMES FOR THE EVENT.



# Each care package should contain:

- 1 United States Map Card, personalized and decorated
- 1 Blue Flyer (pre-folded) with yoga poses and breathing exercises
- 1 Rescue Remedy
- 2 Shower Steamers
- 1 Squishy Heart
- 1 Fidget Toy
- 1 Play Doh

*Thank you for making a difference!*

# Personalize and decorate this card:

## THE HEBREW MESSAGE SAYS:

*We love you.*

*We support you.*

*We are with you.*

## ON BACK:

Show your location  
on the map.

*Thank you for making a difference!*



# Step 1

- **In your KMF branded bag**

**Add**

- **1 blue flyer**

**And**

- **Your decorated United States map card**

*Thank you for making a difference!*



# Step 2

**Add One (1)**

**RESCUE  
REMEDY**

*Thank you for making a difference!*



# Step 3

**Choose and  
add Two (2)**

**SHOWER  
STEAMERS**

*Thank you for making a difference!*

תֵּי קוֹבֵי  
THE KOBY מַנְדֵּל  
MANDELL  
FOUNDATION

# Step 4

**Add One (1)**  
**SQUISHY**  
**HEART**

*Thank you for making a difference!*





# Step 5

**Add One (1)**

**FIDGET  
TOY**

*Thank you for making a difference!*

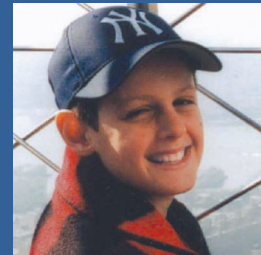
# Step 6

**Add One (1)**  
**PLAY-DOH**

*Thank you for making a difference!*



Rabbi Seth and Sherri Mandell established The Koby Mandell Foundation in 2001 after their 13 year old son Koby and his friend Yosef were brutally murdered by terrorists near their home in Israel.



Their personal loss led the Mandells to create Camp Koby and the Mothers Retreat, thus starting a system of support programs that would make a difference in the lives of Israelis who have lost parents, children or siblings to terror or tragedy.

The Koby Mandell Foundation's unique formal and informal therapeutic techniques teach the tools necessary to foster positive personal growth, emotional healing, deeper interpersonal relationships and active community leadership.



<https://www.kobymandell.org/>

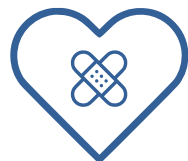
## Programming is geared to each family member:



Weekly Support Groups for bereaved mothers, fathers, widows and adult siblings



Monthly action-based group therapy for newly bereaved young adults



Family Healing Retreats from infants to seniors



Camp Kody & Yosef  
Art, recreation, nature, music, & drama therapies for children

*Thank you for making a difference!*

