



HEAL KIT

After receiving surgery, each patient receives a Smile Bag, the perfect gift to cheer up a healing child. Smile Bags are filled with toys, stickers and a mirror to see their new smile. This meaningful service project is a sweet way for students to make a difference for our patients: We're calling on you to help us collect personal care items and sew our cloth Smile Bags!

SMILE BAGS

WHAT DO WE NEED TO MAKE ONE SMILE BAG?

Smile Bags are 14-inches high by 12 inches wide, made of sturdy cotton fabric and are closed by a drawstring at the top. It's this size so it can hold a thin, 8.5-inch by 11-inch coloring book. You'll also need:

- Sewing machine
- Iron and ironing board
- Shears or scissors
- Sewing pins
- Bright, sturdy cotton fabric
- Cotton cording or sturdy ribbon for the drawstring
- Thread
- Tacky Glue® or Stop Fray®

WHICH ITEMS GO INTO THE BAG?*

- Small shampoo (.85 to 1.4 oz hotel/travel size, screw-on top preferred)
- Small comb (no rat tailed combs, please)
- Wash cloth, new and unused
- Bar of soap (small hotel/travel size)
- Small toothpaste (must be at least 6 months from expiration date)
- Individually packaged, child-sized toothbrush
- Small stuffed animal
- 8- or 10-pack box of crayons
- Thin 8.5-inch by 11-inch coloring book

*We do ask that you don't pack the bags with the items just yet! We have a devoted team of adult volunteers who pack the bags for us weekly at our headquarters - they'll take care of this for us!



Please note: We don't send conditioner, body wash, or lotion on any of our medical missions. Please help us to keep our process flowing smoothly by sorting these items out of your boxes before shipping to Operation Smile.

Additionally, considering the volume of items we need to ship to a medical mission site, we can only accept small personal hygiene items, not large ones. We also can't accept any type of food product, such as candy or chewing gum; shipping regulations prohibit sending food items across international borders.

INSTRUCTIONS

1. Cut your fabric to size. Since your finished Smile Bag will be 14-inches high by 12-inches wide, you want fabric that is at least 28 inches + 3 inches x 12 inches + 1 inch (31 inches by 13 inches).
2. Lay your fabric finished side down on the ironing board. Fold one of the shorter edges of your fabric up $\frac{1}{4}$ inch and press. Then fold again 1 inch and press again. This fold will create your casing for the drawstring. Repeat on the other short edge.
3. Sew close to the top of the fold to secure the casing for the drawstring. Be sure to overstitch at the beginning and end by reversing your stitches in order to secure them. This is especially important as the seam will be stressed by pulling the drawstring through it.
4. Turn your bag inside out and press seams flat.
5. Fold your bag in half, finished sides together. Pin up the sides, stopping where your casing begins. Sew the sides using a $\frac{1}{4}$ " seam, stopping right where your casing begins.
6. Cut two pieces of ribbon or cording to desired length. We recommend a length that is double the width of your bag, with an additional 8 inches for knotting. Put a safety pin through the ribbon or cord. If it is something that frays easily, wrap it with a little tape before inserting the safety pin. To make it easy to pass through the casing, use the biggest safety pin that will fit through your casing easily.
7. Using the safety pin to hold on to, thread your drawstring into the casing, passing it along inch by inch. Go in one side, through to the other side, and come out where you started.

