



SERVICE PROJECTS

LET'S ANSWER SOME COMMON QUESTIONS

First of all, thank you so much for your generous support of Operation Smile. Kind people like you make it all possible!

As you begin a project, make sure you reach out to your regional Student Programs associate (see the box below for their contact info). You can also send an email to student.programs@operationsmile.org.

Q: Many service projects involving making or collecting items. Where do they go?

A: Currently, items are being shipped with mission cargo to many countries. While we're unable to track your specific donations to a medical mission site, ask your Student Programs associate if any of your peers are heading to a medical mission. They might be able to bring your items to the site – and snap photos of them in use!

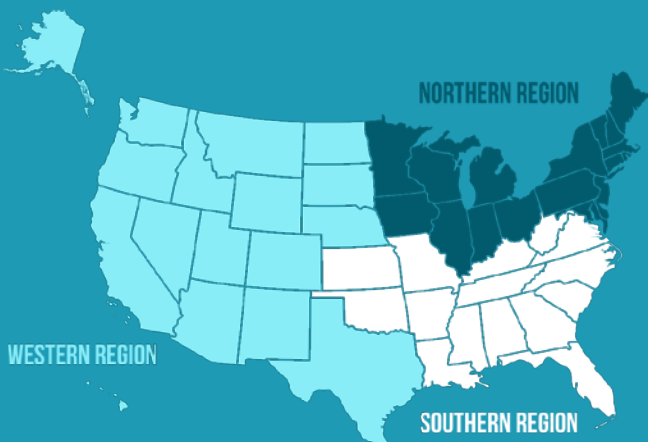
Q: Where should I send items I made or collected for Operation Smile?

A: We'd love for you to send it to our global headquarters: Operation Smile, 3641 Faculty Blvd. Virginia Beach, Virginia, 23453.

Q: Why are you only requesting single-layer fleece-knotted blankets, not double-layer?

A: Well, most of the places we work are not very cold, and a single-layer fleece blanket will still be cozy for our patients. Plus, by only creating single-layer blankets, the same amount of materials you normally would have used will now go twice as far! Instructions are included in this packet.

Have any other questions? Contact your regional associate listed below or [direct-message us @osstudpro on Instagram!](https://www.instagram.com/osstudpro)



MEET YOUR STUDENT PROGRAMS ASSOCIATE!

- Northern Region: Morgan.Banaszek@operationsmile.org
- Southern Region: Jacqueline.Nguyen@operationsmile.org
- Western Region: Julie.Brumana@operationsmile.org
- Virginia: Pete.Hansen@operationsmile.org
- International: Carlos.Veron@operationsmile.org
- Latin America and the Caribbean: Gaby.Sagel@operationsmile.org



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!

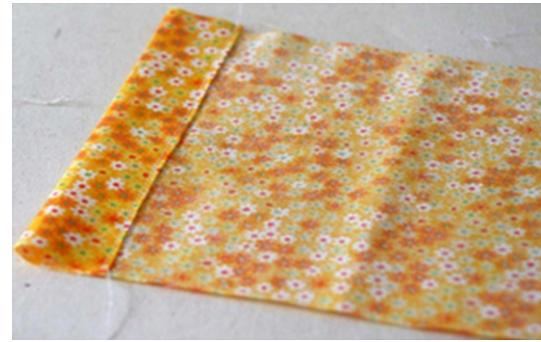


Please note: We don't send conditioner, body wash, or lotion on any of our medical missions. Please help us to keep our process flowing smoothly by sorting these items out of your boxes before shipping to Operation Smile.

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.





THE COMFORT ZONE

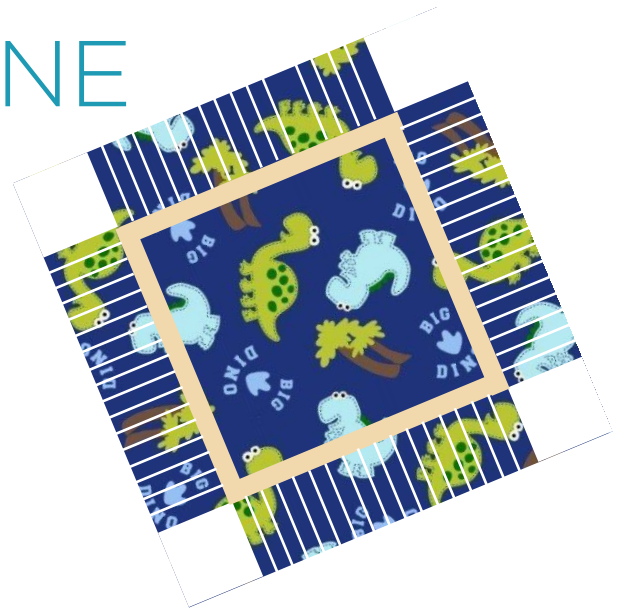
Making blankets for Operation Smile's patients is a tangible way to show your support and bring them comfort.

Materials

- ❑ 1-1/2 yards of micro-fleece
- ❑ Tape measure
- ❑ Sharp shears or scissors
- ❑ Masking tape (or painter's tape)

Instructions

1. Cut your fabric so it's a 54-inch square.
2. Cut a 4-inch square from each corner.
3. Use the tape to make a line across the length of the blanket from the square you just cut, and use this as a guide for cutting your fringe!



4. Starting from one of the edges you just cut, begin cutting 1-inch fringe to the tape on all sides.
5. Take each fringe piece and gently tie a knot at the end of the cut (closest to the masking tape). Do not tie two pieces together, just knot each single piece of fringe. Once that's done, your blanket is ready for one of our patients to enjoy!

SOCK PUPPETS



A SHOW OF HANDS

A sock puppet isn't just an entertaining toy – it's an engaging tool that our speech pathologists use during medical missions!

For many of our patients, a cleft condition makes it tough to form certain sounds. Speech pathologists wear the sock puppets to help our youngest patients practice their speech.

By tackling this service project, you'll not only rally your club members or community around a fun activity – you'll help our patients be heard.

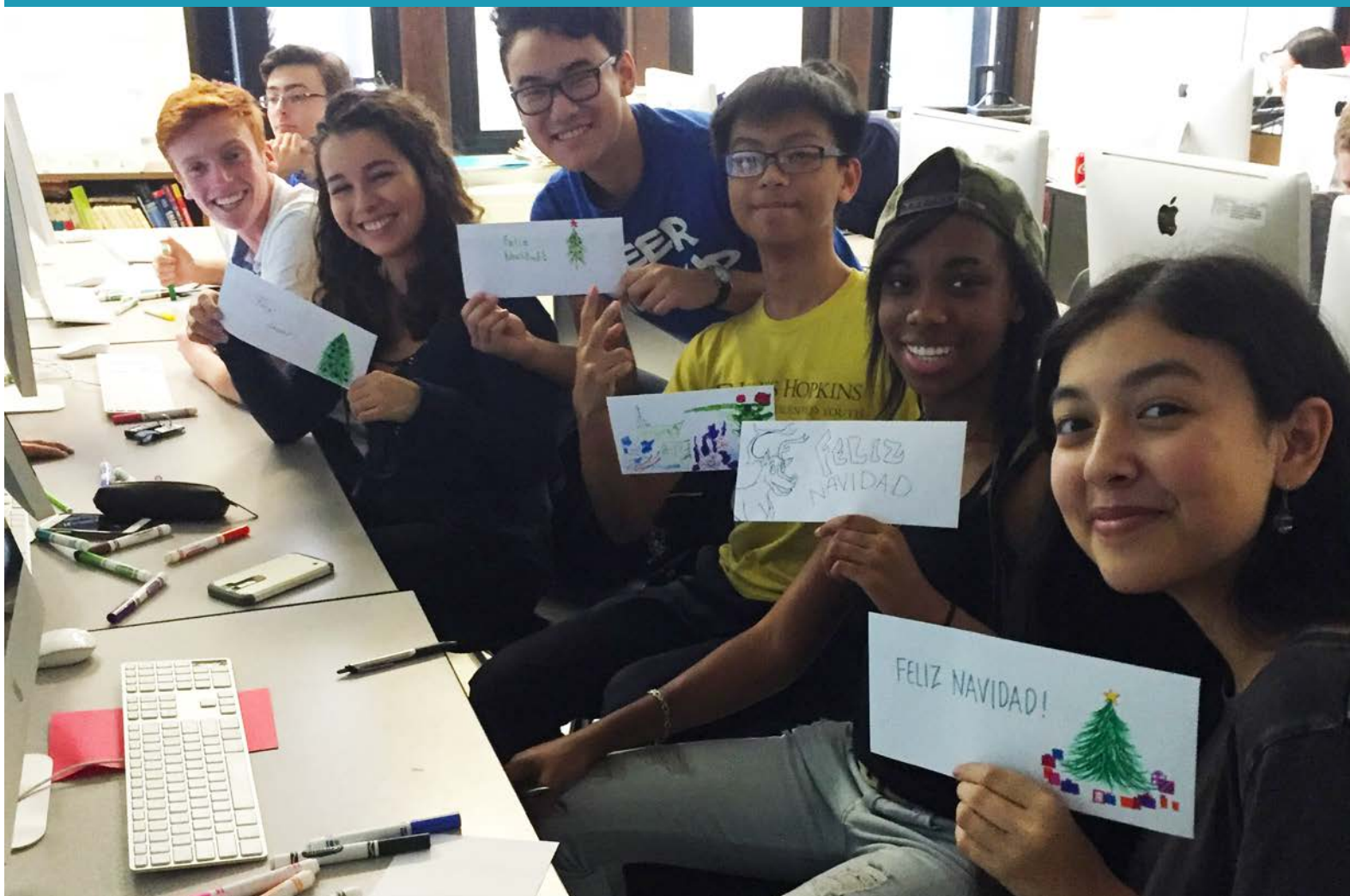
Be sure to connect with your regional associate so they know when to expect the package of puppets!

MATERIALS

- ☐ White socks
- ☐ Googly eyes
- ☐ Glue or thread and needle
- ☐ Felt and other fabric

MAIL IT

Operation Smile
Global Headquarters
Attention: Student Programs
3641 Faculty Blvd.
Virginia Beach, Virginia
23453



THE 'WRITE' THING TO DO

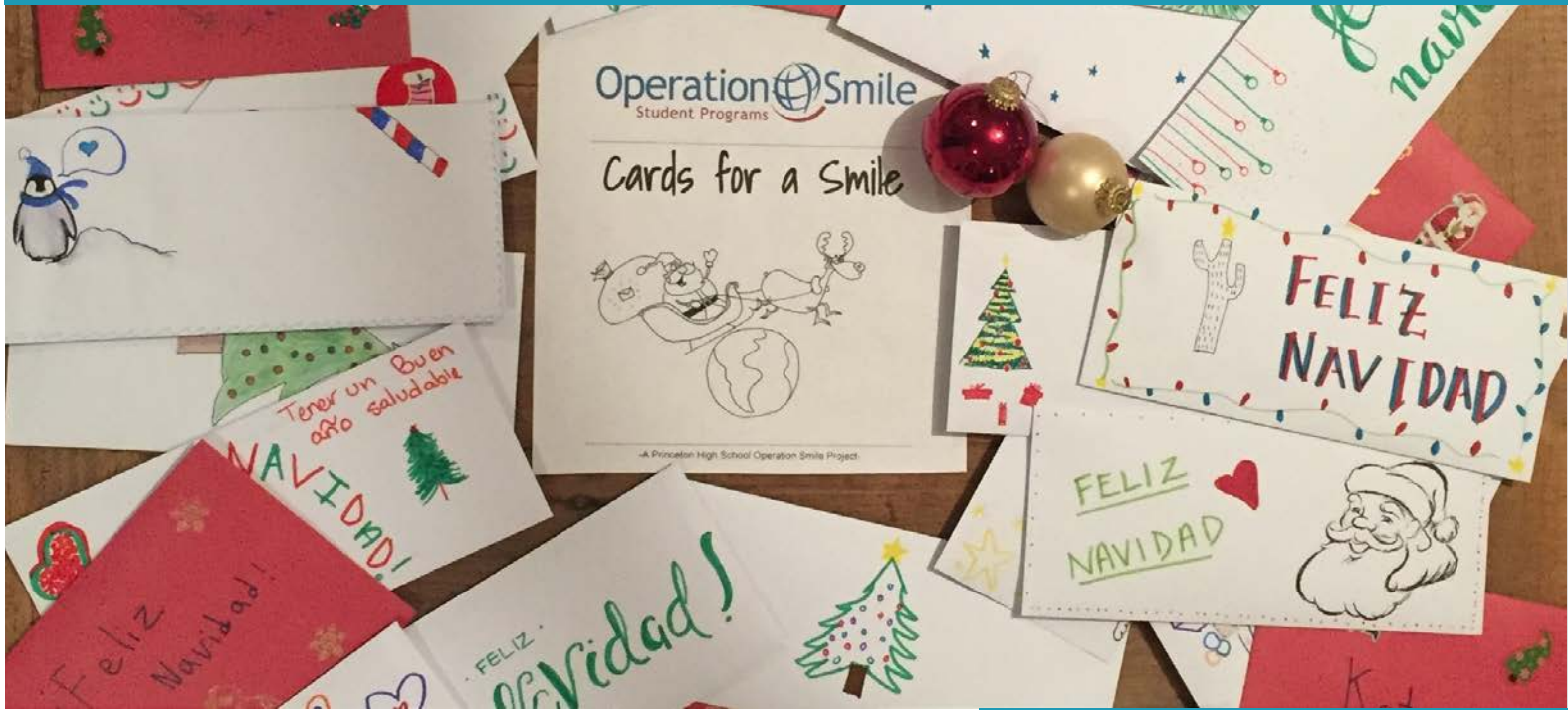
Show Operation Smile's patients that you're thinking of them by crafting and sending them handwritten greeting cards. Not only is this a fun service project, but you'll put the cards in the mail knowing you'll have a direct and impact on one of our patients.

Thomas Brinckman, a student volunteer from New Jersey, rallied fellow volunteers from clubs across the state to write Christmas cards in Spanish for our patients in Colombia and Paraguay. In that spirit, we invite our students to write either get-well cards or greeting cards. Instructions are on the next page!

"The project has taught me that a thousand-mile barrier isn't as big as you think it might be. The world is so much smaller than we think."

- Amanda Lonergan, a student volunteer from New Jersey

CARDS FOR PATIENTS



INSTRUCTIONS

1. **Choose a country where Operation Smile works.**
Think about the language skills that you, your club members and advisers share. Ask your associate when Operation Smile student volunteers from your region are slated to attend a medical mission.
2. **Research the country you choose.** You have two options here: You can write get-well cards, or you can write greeting cards. For the latter, learn more about the holidays and special occasions they celebrate.
3. **Learn phrases used in that country.** Be mindful of the different languages, dialects, and writing systems – such as Xin Nian Kuai Le, 新年快乐 – that are used.
4. **Schedule a club meeting to create these cards.**
This meeting should take place at least two months prior to the occasion or medical mission. Enjoy crafting beautiful cards for our patients!
5. **Get the cards ready for delivery!** Send the cards to us or give them to the mission-bound student.

MATERIALS

Note: If you're doing this as a club activity, make sure you have enough of these materials for each person.

- ❑ Card stock or thick paper
- ❑ Markers/crayons/color pencils
- ❑ Manila envelope
- ❑ Stamps/required postage

MAIL IT

Make sure your associate knows when you're sending your cards.

Mail to: Operation Smile
Global Headquarters
Attention: Student Programs
3641 Faculty Blvd.
Virginia Beach, Virginia 23453

HOSPITAL GOWNS



FASHIONING GOWNS

Many years ago, one of our volunteers noticed that children come to the hospital in their best clothing hoping to be selected for surgery. Many wore these same clothes into the operating room because the hospitals did not have child-sized gowns for them to wear. This service project empowers students to make hospital gowns for our patients using white T-shirts.

INSTRUCTIONS

1. Decorate the T-shirt with encouraging phrases and symbols, such as the Operation Smile logo and smiley faces.
2. Cut the back layer of the shirt in half so the shirt can open.
3. On the back of the shirt, use the hot glue to attach the loop part of the Velcro strap to one side.
4. Use hot glue to attach the loop part of the velcro strap to the other side of the back of the shirt. The Velcro should attach to open and close the shirt.
5. Let the glue dry, and the gown is complete.

MATERIALS

Note: If you're doing this as a club activity, make sure you have enough of these materials for each person.

- ☐ Large white T-shirt
- ☐ Markers
- ☐ Velcro strap
- ☐ Scissors
- ☐ Hot glue

MAIL IT

Make sure your associate knows when you're sending your gowns. Mail to: Operation Smile Global Headquarters
Attention: Student Programs
3641 Faculty Blvd.
Virginia Beach, Virginia 23453

A PLAYFUL PROJECT

Rally your social media networks and tackle a donation drive for toys that will bring joy to our patients – and support our child-life specialists in the process!

Child-life specialists are licensed professionals who provide psychosocial care and guide the patient and family through the surgical experience. In a nutshell, they facilitate therapeutic play and activities as well as act as the patient's advocate. By donating toys that the child-life therapist will use, ultimately you're helping to comfort our patients!

Here are the toys they need:

INFANT/TODDLER

- Rattles (handheld)
- Stacking cups/toys
- Baby/toddler textured blocks
- Soft foam balls/rubber balls

PRESCHOOL

- Toy Medical Kits (Fisher Price or similar)
- Baby dolls (of all skin tones)
- See-and-say toys

SCHOOL AGE

- Matchbox style cars and trucks

- Wall mount/inflatable basketball hoop
- Dolls (of all skin tones)
- Jewelry making bead/string kits

ARTS, CRAFTS & GENERAL USE

- Liquid Bubbles (2-4 oz. size)
- Coloring and activity books
- Kids ring toss game
- Building blocks set (medium size)
- Sidewalk chalk
- Blow-up balls
- Crayons (any size)
- Markers (any size)
- Construction paper
- Rolls of art/easel paper
- Stickers
- Masking tape or scotch tape
- Foam or carpet play mats
- Large sheets for floor play
- Sanitizing wipes to clean play space

SPECIAL NOTES: We cannot accept any toys with weapons or violent themes such as guns, knives, swords, or other projectiles (including Styrofoam), or any toys with religious symbols.

Also, we cannot ship toys with lithium batteries due to international shipping regulations.

FRIENDSHIP BRACELETS



BANDING TOGETHER

Show how much you care by making friendship bracelets! Through this service project, the bracelets you make will have a powerful impact: You can use them to spread awareness, raise money, or send to patients!

Remember, you'll want to connect with your associate before you begin. They'll be able to tell you if fellow volunteers in your region will be heading on a medical mission and if they can deliver your bracelets to patients. If you do know your bracelets will be going to a particular country, tailor your artwork to them! Consider choosing inspiring words in their language and picking meaningful colors they'll love.

Here, we provide directions on how to make two different kinds of bracelets.

BEADED BRACELET

MATERIALS

- ☐ String
- ☐ Colorful beads
- ☐ Letter beads
- ☐ Hot glue or strong glue

INSTRUCTIONS

1. Cut a piece of string the size of your wrist (keep in mind you'll need room to tie it).
2. Add colorful beads and create a pattern.
3. Use letter beads to spell out inspiring words.
4. Tie a knot when you're finished adding beads.
5. Place a small amount of glue on the knot.
6. Tie another knot and trim the edges.

FRIENDSHIP BRACELETS

DIAGONAL BRACELET

MATERIALS

- ❑ 3 different colors of embroidery string that are 50 inches or longer
- ❑ Tape

INSTRUCTIONS:

1. Pick out three colors of string, line them up and fold them in half, making a knot at the top of the fold and making a loop.
2. Tape the loop to a hard surface that won't move.
3. Section each of the strings by color (or choose the order of colors) by putting the first color all the way to the left. There should be two of each next to each other.
4. Take the string on the far left, make a forward 4 on top of the second string, and pull the top string around the bottom string, keeping the second string still. Do this two times on every string.
5. Once you make two 4's on every color with the first string, it should be on the far right.
6. Now, do it again with the same color second string and repeat for all the other strings after.
7. The pattern should extend to the sides of your wrist.



8. Take the leftover string and tie a knot as close to the end of the pattern as possible.
9. Section each of the colors, braid them, and tie a knot at the end. We recommend a slip knot Instructions because it allows you to adjust how big or small the bracelet is.

To create a slip knot:

1. Take the end of your bracelet and put it through the loop at the top forming a big loop.
2. Take the end again and pull it through the big loop, but not all the way.
3. Pull the original loop over the knot and onto the braid.



EMPOWER OUR MED-REC TEAM

Operation Smile medical professionals provide health care assessments to determine which children can safely undergo surgery. We bring everything we need to help with our screenings – from pens to staplers, and many other items that may be unavailable while at the medical mission site. These donated items will help us serve more children around the world.

Unless otherwise noted, we request new, unused items to ensure we are sending reliable supplies into the field.

We're currently in need of the following high-priority items:

- Hole punch (2-hole – New or used)
- Staplers (25 sheet capacity – New or used)
- Staples (standard)
- Pencils (No. 2 or mechanical styles)
- Permanent markers, black
- Ink pens (blue and black)
- Sticky/Post-It Notes (3"x3" – any color)
- Legal pads
- Black foam ink pad or fingerprint pad

Additional needs:

- Letter size clipboards (new or used)
- Highlighters
- Markers (multi-color, 10-12 pack)
- Masking tape (1")
- Pencil sharpeners (new or used)
- Rubber bands (large)
- Scissors (new or used)
- Staple removers (new or used)
- Tape dispensers (Scotch® Brand or similar)
- Invisible tape rolls
- White-out® correction fluid/pen/tape
- Rulers (new or used)
- Binder clips (medium – new or used)



CHANGE LIVES FROM YOUR CHAIR

We all want to change the world. The problem is, many of us don't want to leave the couch. With only a smartphone, here's how you can make more smiles possible!

The app: Donate A Photo

How you can spin this into a service project: Who knew selfies could be so selfless? Just download the [Donate a Photo app](#), choose Operation Smile, and submit one photo a day, every day. Johnson & Johnson gives \$1 to Operation Smile for each photo submitted. Start a contest with your club to see who can Donate a Photo every day for a certain time!

The app: Charity Miles

How you can spin this into a service project: So for this one, you will have to get up and get moving, but logging your laps with the [Charity Miles app](#) helps us go the distance for our patients. Depending on your cardio of choice, you could raise up to 25 cents per mile. We've also had clubs "Go the Distance for a Difference," where they rally their communities to use Charity Miles as they walk, run or bike a meaningful distance that represents the journey patients have had to make to reach a medical mission site.

The app: Well, in this case, the Amazon Smile website

How you can spin this into a service project: Amazon Smile allows some of the money you spend to go to Operation Smile! Just head to [Amazon Smile](#), select Operation Smile, and you're set to shop! This is great for the holidays, when many people are purchasing gifts.



FOUR WAYS TO SPREAD THE WORD

It takes as little as \$240 for Operation Smile to provide surgery for a person living with a cleft condition, but the time and effort you spend advocating for them is just as valuable. Here are four ways to use your voice and educate others about Operation Smile.

Be the digital voice. Tell your followers about Operation Smile and how they can get involved! Tag @osstudpro in your post or use #osstudpro for a chance to be featured on our social channels.

Be the local voice. By using one of our presentation templates, educate your community about Operation Smile and earn service hours in the process. Your audience will learn more about our cause and your involvement.

FOLLOW US



[@osstudpro](https://www.instagram.com/osstudpro)



[@osstudpro](https://twitter.com/osstudpro)



[OpSmileStudPro](https://www.snapchat.com/add/OpSmileStudPro)



[Operation Smile Student Programs](https://www.facebook.com/OperationSmileStudentPrograms)

A true “Fri-yay.” Everyone is all smiles on a Friday, so why not set up a “What Makes Me Smile” table at your school that day. Invite everyone to write down what makes them smile, snap a selfie with their smile sign, and post it using #osstudpro.

Kindness never takes a day off. Devote one day a month for your club members to perform random acts of kindness for members of your school and community.