



KINDNESS KEYCHAINS

PROJECT GUIDE

OVERVIEW

In this project, volunteers will create simple handmade keychains using colorful beads. These keychains are given to children whose baby sibling has passed away, offering them something small to hold onto during a very hard time and helping them remember their baby sibling for years to come.

Each keychain serves as a gentle, tangible reminder that their sibling mattered and will always be part of their family's story. For many children, grief can be confusing and hard to express—especially when the loss is a baby they may not have had much time with. Having a physical item of their own can bring comfort in a way that words often can't. It gives them something they can carry in a backpack, keep by their bed, or hold in their hand when they're feeling sad or missing their sibling.





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Materials You'll Probably Need

- Any plastic or wooden beads (no metal or glass please)
- Any strong cord, string, embroidery floss, or yarn
- Metal keyrings or swivel clips (any color is fine)

Instructions: make a keychain however you feel inspired! You can thread beads, friendship-bracelet style, crochet, or anything similar!

Use the photos on page 1 for inspiration if you need.

What We're Looking For

- Bright, cheerful colors – Think colors that feel happy, comforting, or peaceful
- Simple, sturdy designs – Something that will hold up over time
- Kid-friendly styles – Designs another child would be excited to receive
- Care in the process – Taking time to make something neat, nice, & secure

What to Avoid

- Any words, phrases, or letter beads
- Religious symbols – Families have different beliefs, so we keep these neutral
- Very dark or heavy color themes (all black, etc.) unless balanced with lighter colors
- Sharp edges or loose pieces – Nothing that could break easily or be unsafe
- Overly complicated designs that may tangle, snag, or fall apart with regular use

If you're uncertain, you can text 704.659.4957 a picture & we'll let you know if it's OK or needs improvement!



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Mail your finished keychains to:

Gemma's Hope
6302 Gold Dust Ct
Charlotte, NC 28269

Make sure to fill out the info below and include it with your package!

For questions please contact us at:
text: 704.659.4957 or email: info@gemmas-hope.com

Kindness Keychain Form

I need volunteer hour verification - *include your hours in the special notes & we'll email you*

Volunteer name (or group name): _____

Age & grade: _____

Email address or phone number: _____

Any special notes: _____



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ABOUT GEMMA'S HOPE

Gemma's Hope is a 501(c)(3) nonprofit based in Charlotte, NC, dedicated to supporting parents after pregnancy and infant loss. We believe every baby deserves to be remembered—and every grieving family deserves compassionate, thoughtful care in the hospital and beyond.

Through donated grief books, keepsake materials, and practical resources, we help families create meaningful memories during the most heartbreaking moments. We also partner with hospitals to improve bereavement care through training, resources, and hands-on support.

Help us bring comfort, dignity, and hope to grieving families—one memory at a time.

Learn more at www.gemmas-hope.com

