



2021

# SLEEP OUT ICT

## TOOLKIT

# Sleep Out ICT

TOOLKIT

Dear Friend,

## Welcome to your Sleep Out ICT Toolkit!

You've already made the decision to Sleep Out which means you've raised critical funds to support HumanKind's homeless services right here in Wichita; *thank you*. This toolkit will make your support go even further. How? It will help build awareness, education, and empathy for the homeless community—three incredible tools that lead to true **ADVOCACY**, which leads to **CHANGE**.

Conversations about issues such as homelessness become more comfortable the more we have them, especially when we make them fun and engaging! So, we hope these **ACTIVITIES**, **RESOURCES** and **FUN & GAMES** mark the start of some regular, important conversations within your family.

Remember, we're always here to help make these conversations even more manageable. Whether it's speaking at an event, taking you on a tour of our campus, or providing volunteer opportunities—we'd love to help! For volunteer opportunities, visit [HumanKindWichita.org/GetInvolved](http://HumanKindWichita.org/GetInvolved).

To arrange a campus tour or speaking event, or to discuss other ways we can help, please contact HK Associate Development Director Greer Horning at [Greer@HumanKindWichita.org](mailto:Greer@HumanKindWichita.org)

Thank you again for being a part of Sleep Out ICT. We hope you have a great night!  
***The Team at HumanKind***

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😊 = Great for kids!

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## There's No Place Like "Home"

Activity 😊

*Word Association with a Twist!*

*This quick-fire game will establish your own perceptions of the concept of "home." There are no right or wrong answers, and no skills are required! We recommend you complete this activity first as you will refer to it later.*

Time: 15 minutes

You will need:

- Pens/pencils
- Paper
- A timer

### Step 1

One person should read the list of words below out loud. After each word, everybody has twenty seconds to **write down** as many words as they can that they associate with that word.

### Step 2

Go back to the top of the list and read the words again. This time, everybody has one minute to **draw** what comes to mind when they hear that word.

### Step 3

Go back to the top of the list and read the words a third time. This time, everybody must **say** one feeling they experience when they hear that word.

### Step 4 – Group Discussion

Compare your lists, drawings and feelings. How did you all interpret these words? What is similar between your responses? How were they different? How do you think they would be different if you lived somewhere else or had a different job or a bigger/smaller family? Keep your notes from this activity because you will refer to your answers later.

**HOME**

**FAMILY**

**SUPPORT**

**FUTURE**

**BASIC NEEDS**

**NEIGHBOR**

**HumanKind**  
WICHITA

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### Life on a Budget

*How Hard Can It Be?*

***In this scenario you'll make choices through the lens of a young couple trying to make ends meet.***

**Activity**

Time: 15 minutes

You will need:

- This worksheet
- Pens/pencils

You have just graduated high school and been promoted to shift lead at your local fast-food restaurant. You will be earning \$7.25 per hour (minimum wage in Kansas) and working 40 hours a week. You decide to move in with your partner to save on rent. They are about to start a job at the local library in addition to taking classes at a local community college. They will also be earning \$7.25 an hour but can only work 15 hours a week to allow time for their studies.

***Can you make it through the month?***

#### Step 1

Complete Table 1 to work out your combined monthly income.

Table 1			
	Hourly rate	Hours per week	Total
Person 1	7.25	40	
Person 2	7.25	15	
<b>Combined gross weekly income</b>			
<b>Subtract 20% for taxes</b>			
Combined net weekly income			
<b>Multiply by 52 to get your annual income</b>			
Combined annual income			
<b>Divide by 12 to get your average monthly income</b>			
Combined monthly income:			

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### Step 2

Make your way through the following choices, then complete Table 2 to work out what you have left after your monthly expenses:

#### Rent

Choose one of the following:

- 1-bedroom close to one of your families: \$600
- 1-bedroom close to work: \$550
- 1-bedroom low-income: \$500

#### Utilities

Total the following:

- Electricity: \$100
- Water: \$30
- Internet (optional): \$50
- Cable (optional): \$75
- Cell Phone for 2: \$60
- Laundromat: \$25

#### Healthcare (for you)

Choose one of the following:

- Plan A: \$150 per month, \$0 copay
- Plan B: \$100 per month, \$25 copay
- Plan C: \$50 per month, \$50 copay

#### Your partner only has one healthcare option

Add the following:

- Plan A: 175 per month, \$25 copay

#### Transportation – you can drive or use public transport. Buses runs 6am-7:30pm.

If you choose to drive, total the following:

- Combined car insurance: \$150
- Car payment for one car (the other is paid off but very old and in need of repair): \$200
- Gas: \$80

If you choose to use public transport, add the following:

- Monthly Bus Passes x 2: \$110

#### Food

Groceries: \$150 if you also eat out, \$180 otherwise

Eating out (optional): \$50

Table 2	
Combined monthly income	
Rent	
Utilities	
Healthcare	
Transport	
Food	
<b>Total expenses</b>	
<b>Remaining</b>	

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### Step 3

You're feeling sick and your boss won't let you work around food without the all clear from a doctor. You haven't gotten around to getting family a physician yet so you have to make a trip to urgent care for a rapid strep test.

Add the following:

- Urgent Care bill: \$150
- Copay – add the copay amount from your healthcare plan you chose

Subtract these emergency expenses from your remaining income.

## Did you make it through the month?

### Did you know?

- The federal minimum wage is \$7.25 per hour and it has not been raised since 2009.
- The average apartment in Wichita is \$689 per month.
- Many of our homeless clients are employed—some of them full-time—but they don't make enough to make ends meet on minimum wage.
- If you spend more than half of your income on rent, you are considered “extremely cost burdened.”
- There are only 41 affordable homes available for every 100 extremely low-income households. Of those 41, 70 percent are “extremely cost burdened.”<sup>1</sup>
- 16.2% of Wichitans live below the federal poverty line versus the national average of 13%.<sup>2</sup> Living below the poverty line means you are often only one accident, domestic incident, or job loss away from life on the street.
- 19% of children under 18 live below the poverty line. Poverty often impedes children's ability to learn and contributes to social, emotional, health and behavioral problems.

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<sup>1</sup> NLIHC tabulations of 2018 ACS PUMS

<sup>2</sup> The Census Bureau ACS 5-year estimate, 2018



## Crumple It

## Activity

*A Game of Choice or Luck?*

***This short simulation activity will put you in the shoes of someone having to make difficult choices with very little time. Here you will examine the importance of possessions.***

Time: 15 minutes

You will need:

- Pens/pencils
- Three small sheets of paper per person (Post-it notes are perfect)

### ***Step 1***

Everybody must write down three items (one on each piece of paper) that have great sentimental value to them. These must be tangible items such as photos, jewelry, etc. ***and not the names of children, money, credit cards, or pets.***

### ***Step 2***

Discuss as a group what items you chose. How do they compare? Why did you choose them? Did anyone think of something you wish you had thought of?

### ***Step 3***

Now imagine you must flee a situation suddenly. You must gather as many belongings as you can in a hurry, and you can't take everything with you. Everyone must pick one of their three items to leave behind. Crumple up the Post-It and put it aside.

Take a few minutes to reflect as a group, or internally, how it would feel to lose that item.

### ***Step 4***

After you left your previous situation, you didn't have a safe place to go so you bounced around a few friends' houses. Now, you've overstayed your welcome, but you don't have the funds for a hotel room. You find yourself sleeping outside, and the weather takes a turn for the worst. During a rainstorm, one of your items is ruined. Pick up your two remaining Post-its and crumple up the one in your left hand. That item has been lost in the storm.

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Take another few minutes here for discussion or self-reflection.

### **Step 5**

You make your way to a nearby public park and find a shady spot to catch up on some much-needed sleep. As you sleep, your last item gets stolen. Crumple up your last Post-it and throw it away.

### **Step 6 - Group Discussion**

Many people experiencing homelessness only own what they can carry each day, so the items they keep are important to them, much like the ones you chose for this activity. Unfortunately, it is also common for these valued possessions to be lost due to situations outside of their control such as weather or theft.

- How did “losing” your meaningful possessions make you feel?
- How do you think homeless people manage not only without necessities, but without the possessions that are most meaningful to them?
- Do you think you would value these items more or less if they were all you owned?
- Consider how our possessions make up part of our identity. Does that change the way you feel about them being taken?

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## Discussion Guide for Families

Resource

*Tips for talking to your children (of any age) about poverty and homelessness.*

***Poverty and homelessness can be difficult concepts for anyone to grasp—so it’s especially important to remember that your children’s reactions and questions are perfectly natural and likely driven from genuine curiosity. To them this is not a complex overwhelming issue, they are simply asking questions about a population they probably have not had contact with. Try to encourage their questions and take time to really listen. Be honest with answers but remember to keep things age appropriate.***

***Above all, make sure to reassure your children that their home and family are safe. It is easy for children to start to worry about their own home security, so remind your children that they have a family who loves and cares about them.***

***Here are some tips for talking about homelessness with children\*.***

***Small children (ages 2-6)*** are quite literal, so your discussions with them need to be simple and to the point. To effectively explain such a complex subject:

- 1. Express empathy and sadness for the person.*** By emphasizing how you feel sad that some people don’t have a place to live, you provide an opportunity for children to understand the importance of recognizing others’ hardships while modeling empathy.
- 2. Provide a simple explanation to their question.*** We’ve all been asked questions by small children about our homeless neighbors (Why? How come?). It’s best to respond with an answer that a small child can understand, i.e. “Some people don’t have enough money to pay for a house.”
- 3. Avoid discussing additional components such as mental illness or disability.*** Unless your child has specifically asked, adding in this layer will only confuse a young child.
- 4. Encourage your child to discuss how to help.*** At this age, donating toys or picking out items to give to a nonprofit may make more of an impact than donating money, which may be too abstract for some young children. That said, depending on your level of involvement, it may be appropriate to provide opportunities for your children to give through family activities like hosting a donation drive, or collecting donations in lieu of birthday gifts or holiday gifts.

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### 5. **Assure your child that there are options for those struggling with homelessness.**

Young children may have feelings of sadness or worry after hearing that some children don't have a place to live. Assure them that organizations like HumanKind help homeless people find places to live and reassure them of their own safety and security.

**School-aged children, ages 7-12,** are becoming more interested in the world around them and have the capacity for a deeper understanding about homelessness and poverty. They are likely to have more questions and want to really get involved. Here are some tips to keep in mind.

1. **Try to gauge what your child understands** by asking them to explain what homeless and poor mean to them. This provides an opportunity for an interactive discussion, rather than a lecture, and will keep them engaged.
2. **Prepare messages you can convey to your child on the spot,** such as appropriate responses to interacting with people who are homeless, and ways your family can be involved with helping those in need.
3. **Be aware that your physical cues are as important as your verbal ones.** A child will pick up on any negative feelings you convey each time you encounter a homeless or mentally ill person on the street and will subconsciously learn to emit those feelings without understanding why.
4. **Encourage empathy by talking about your own feelings** and discussing what a homeless person might be feeling. With older children, you can begin talking about some bigger issues that can relate to homelessness and poverty such as mental illness and addictions.
5. **Don't avoid questions.** Use their curiosity as an opportunity to create a conversation around homelessness and poverty. Watching the news or reading the newspaper together may spark conversations and questions, as may walking around in urban areas where you are likely to see homeless people. It is important to address any questions your child may have to emphasize that it is a significant topic that should be discussed.
6. **Talk with your child about your own personal responses.** For example, if you don't give directly to people asking for money on the street but instead choose to donate to a nonprofit, explain to your child about your reasons for doing so in a positive manner (e.g. "There are several nonprofit organizations that provide services to help homeless people get what they need, so that's why we support places like HumanKind.")

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7. **Address your child's concerns by becoming more proactive.** One of the best qualities children have is their ability to become immediately inspired to help others less fortunate. Helping your child identify and connect to a cause they care about is a great next step, which brings us to...
8. **Encourage your child to act on their concerns.** Once your child has identified a cause they care about, there are numerous ways for them to act, from volunteering, to donating new or no longer-used toys, to saving a portion of their allowance to donate to their organization of choice. Volunteering as a family is another excellent way to continue the conversation and develop a lifelong habit of giving back.

*\*Thank you to Dr. Nancy Owen of Wellspring Counseling for these tips. Learn more at: <https://wellspringfs.org/blog/14-ways-effectively-explain-homelessness-and-poverty-your-child>*

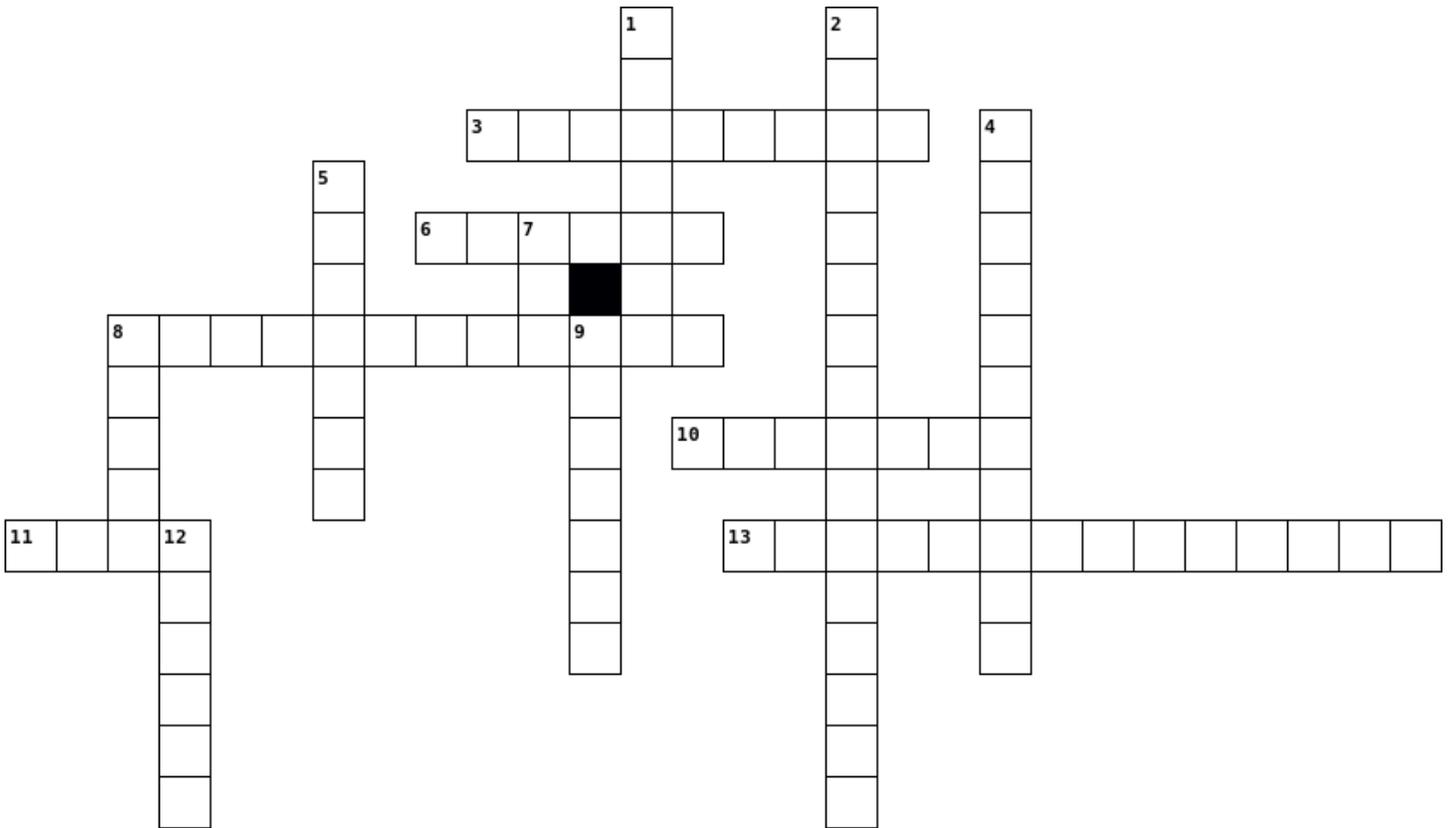
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### Crossword

Test your knowledge of HumanKind and why we do what we do!

Fun & Games 😊



#### Down

1. The \_\_\_\_\_ At HumanKind is HumanKind's newest project-reno-vating a hotel into low-income apartments specifically designed to lift individuals out of homelessness
2. The largest holiday assistance program in the Wichita area organized by HumanKind.
4. The minimum level of income needed to secure basic necessities in life. In Kansas this is \$12,760 per year
5. A place that gives protection from bad weather or danger.
7. The \_\_\_\_\_ is HumanKind's year-round shelter that also provides programs such as life skills classes and case management
8. A person or individual
9. The ability to understand and share the feelings of another person
12. If you \_\_\_\_\_ to HumanKind, your money goes directly towards making all of HumanKind's programs possible.

#### Across

3. A great way to support HumanKind is to \_\_\_\_\_ at HumanKind's events, shelters, and admin building
6. Medical professionals and medical students volunteer here and provide basic medical care
8. To not have a home/shelter
10. Being worthy of respect, having self-respect
11. A good or benevolent nature or disposition. Considerate, helpful, humane
13. A place that provides basic necessities such as shoes, coats, clothing, and more.

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## Wordsearch

*How Many Will You Find?*

Fun & Games 😊

I	K	I	N	D	N	E	S	S	S	S	T	E	G
M	O	I	S	H	E	L	T	E	R	C	M	N	T
G	N	O	R	T	S	K	O	P	E	P	I	U	B
O	T	C	E	N	N	O	C	T	A	S	O	K	A
Y	T	R	E	V	O	P	A	T	U	P	E	H	C
A	M	N	A	T	S	N	H	O	E	A	R	O	K
Y	A	A	R	N	O	Y	H	E	A	E	L	M	P
R	E	B	E	D	T	E	L	T	E	K	E	E	A
H	U	N	G	E	R	S	E	T	O	E	T	L	C
U	C	L	I	N	I	C	N	I	P	N	C	E	K
Y	I	O	E	E	E	U	N	A	E	O	H	S	T
C	R	C	N	E	L	V	O	T	N	N	E	S	H
H	E	N	S	O	A	D	V	O	C	A	T	E	M
U	U	U	V	H	U	M	A	N	K	I	N	D	O

CONNECT  
HUNGER  
SLEEPOUT  
VOLUNTEER  
DONATE  
ADVOCATE  
KINDNESS  
POVERTY  
HOUSING  
STRONG  
BACKPACK  
HUMANKIND  
HOMELESS  
BED  
CLINIC  
TENT  
SHELTER  
EMPATHY

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**Fun & Games** 😊

## Coloring Pages

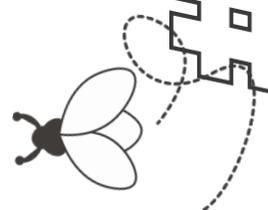
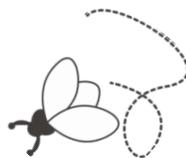
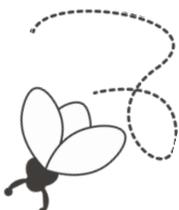
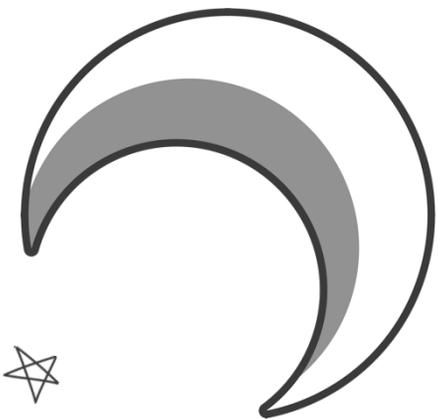
*Get Creative with Your Kindness*

*Share your masterpieces on social @HumanKindWichita*

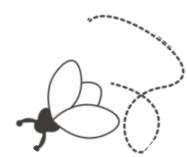
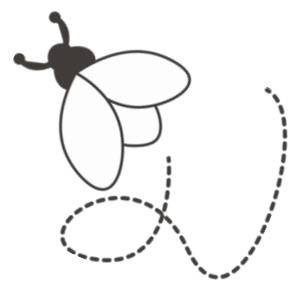
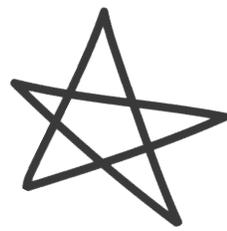
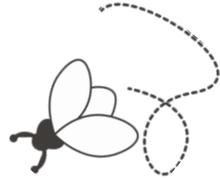
choose

Kindness

Not all  
neighbors  
have homes



#Sleepoutlet



### Reading List

### Resource

#### *Broaden Your Perspective*

*From picture books to scholarly articles, there are lots of additional resources available to further your discussion about homelessness and the power of kindness.*

#### *Articles*

- **Kansas Poverty Stats:** <https://talkpoverty.org/state-year-report/kansas-2020-report/>
- APA Scholarly Articles and Non-fiction: <https://www.apa.org/pi/ses/resources/publications/articles-non-fiction>
- APA Analysis of Social Class in Fiction: <https://www.apa.org/pi/ses/resources/publications/fiction-popular-media>

#### *Games (teens and up)*

- Food Security Quest: <https://www.ryerson.ca/openlearningmodules/food-security-quest/webGL/>
- Spent: <http://playspent.org/>

#### *Videos*

- Sold Out: Affordable Housing At Risk: <https://www.tpt.org/sold-out-affordable-housing-at-risk/>
- Low-Barrier Shelter Education and Success Stories: Low-Barrier Shelter Success Stories

#### *Fiction (Kids)*

##### ***Last Stop on Market Street, by Matt de la Peña***

An inclusive ode to kindness, empathy, gratitude, and finding joy in unexpected places. CJ wonders why they don't own a car like his friend Colby. Why doesn't he have an iPod like the boys on the bus? How come they always have to get off in the dirty part of town? Each question is met with an encouraging answer from grandma, who helps him see the beauty—and fun—in their routine and the world around them.

##### ***A Place to Stay: A Shelter Story by Erin Gunti***

This simple, touching picture book shows readers a women's shelter through the eyes of a young girl, who, with her mother's help, uses her imagination to overcome her anxiety and adjust.

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### ***The Old Man, by Sarah V.***

This is the story of a person with no job, no family, no home—a nobody, who can't even remember what he was once named. But his day changes when he is noticed by a child.

### ***A Shelter in Our Car, by Monica Gunning***

A moving and authentic story about homelessness in an American city was developed with the help of the Homeless Children's Network in San Francisco.

### ***Lady in The Box, by Ann McGovern***

It is wintertime in the city and freezing cold, but not everyone is inside and warm. Ben and his sister Lizzie know that there is a lady who lives outside in a box over a warm air vent. The children worry about the kind-looking lady and begin sneaking food and clothes out of their apartment for her.

### ***The World Needs More Purple People by Kristen Bell and Benjamin Hart***

Purple people bring their family, friends, and communities together, and they speak up for what's right. They are kind and hardworking, and they love to laugh (especially at Grandpa's funny noises)! A purple person is an everyday superhero! How do you become one? That's the fun part!

### ***Kindness Makes us Strong, by Sophie Beer***

Kindness is a friendly hello. A roaring cheer. A quick boost. Kindness is what makes us strong! This joyful board book shows various children as they extend kindness in all kinds of situations: on the playground, at lunchtime, on a bike path, and on a neighborhood street. This sweet preschool read-aloud shows the way kindness helps build friendship and community.

### ***Share Some Kindness, Bring Some Light, by Apryl Stott***

A little girl and her friend Bear learn the true meaning of selfless kindness in this sweet, stunningly illustrated debut picture book. Bear is sad. All the other animals think he's mean because he's so big. But his human friend, Coco, offers to help him. Coco shares her grandmother's advice: "When life gets dark as winter's night, share some kindness, bring some light."

### ***Help Hungry Henry Win the Kindness Competition, by Esther Pia Cordova***

with Hungry Henry, kids will discover many simple ways they can show kindness to others. An excellent, fun resource for counselors, parents, and teachers and is perfect for children ages: 3-8.

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### ***Kindness Is Your Superpower: A children's Book About Empathy, Kindness and Compassion, by Alicia Ortego***

This charming story with peaceful rhymes and colorful illustrations will explain to your child that it is okay to make a mistake and say *I'm sorry*. Lucas will teach your child good manners and positive behavior at home, at school, and on the playground.

### ***Empathy is your Superpower, by Cori Bussolari PsyD***

This beautifully illustrated storybook teaches young kids how to recognize and practice empathy through simple real-life scenarios that are easy for them to understand.

### ***Do Others Have Feelings Too? by Divya Mohan***

A little dragonfly lost its way and got trapped in Mili's house. It interrupted Mili's playtime and caused a lot of trouble! Will Mili help him get back to his house?

### **Fiction (Teens)**

#### ***The Tortilla Curtain, by T.C. Boyle***

The Mossbachers are wealthy, white, suburban homeowners living in a gated hilltop community, while the Rincons are undocumented immigrants from Mexico, living in a makeshift camp deep in the ravine. Their opposing worlds gradually intersect after a freak accident brings together the two couples together.

### ***Non-Fiction***

#### ***Evicted: Poverty and Profit in the American City, by Matthew Desmond***

Matthew Desmond follows eight families in Milwaukee as they each struggle to keep a roof over their heads. *Evicted* transforms our understanding of poverty and economic exploitation while providing fresh ideas for solving one of twenty-first-century America's most devastating problems. Its unforgettable scenes of hope and loss remind us of the centrality of home, without which nothing else is possible.

#### ***Rachel and Her Children: Homeless Families in America, by Jonathan Kozol***

An unforgettable record of the desperate voices of men, women, and especially children caught up in a nightmarish situation that tears at the hearts of readers.

#### ***Tell them who I Am: The Lives of Homeless Women, by Elliott Liebow***

In the late 1980's Elliot Liebow spent a lot of time at homeless shelters for women in the D.C. area. During his time there, he got to know the women personally, and over time the women he saw frequently went to him to talk about their experiences.

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### About HumanKind

Resource

#### *Why We Do What We Do*

***Our mission is simple but big: end homelessness in Sedgwick County. We believe it can happen if we work together to truly advocate for everyone, including the most vulnerable among us.***

#### ***Who We Are***

HumanKind is a nonprofit based in downtown Wichita that provides shelter, affordable housing, supportive services, and basic needs to those experiencing homelessness or poverty in Sedgwick County.

#### ***What We Do***

We operate three homeless shelters in Wichita. The Inn, our year-round shelter for individuals, families and pets in need, has been serving the Wichita community for 36 years. From November through March, HK operates Emergency Winter Shelters for men and women and we are currently also operating a 24-7 women's shelter.

HK also manages 101 low-cost apartments to assist in the journey from homelessness to—or back to— independent living. HK case managers help to make things such as job placement, health and social care, and civic engagement more accessible. Residents of the apartments receive case management and life skills classes to help adapt to life in permanent housing and break the cycle of homelessness.

During the holidays, assistance is available to those living at or below the poverty level through Operation Holiday, the region's largest holiday assistance program, operating since the 1950s. In 2020 we served more than 14,000 men, women and children living in and around Wichita with food, pet food, coats, blankets, scarves, gloves and hats, and toys.

#### ***Why We Do It***

At HumanKind we believe that every human being deserves access to basic needs, and recognize the inherent value of each person. We know that we are only as strong as our most vulnerable neighbor, and that by serving them with compassion and kindness, we strengthen the entire community.

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### *How You Can Help*

HumanKind depends on the kindness and generosity of our community, volunteers, and donors. There are multiple ways you can help us on our mission.

**Give.** You've already given so much tonight and we can't tell you how much we appreciate it. If our mission speaks to you, consider becoming a regular donor. Learn more at [HumanKindWichita.org/Donate](https://HumanKindWichita.org/Donate)

**Volunteer.** Being a HumanKind volunteer is a truly uplifting experience, so we hope you'll consider it. Visit [HumanKindWichita.org/Volunteer](https://HumanKindWichita.org/Volunteer) to learn about our year-round opportunities

**Advocate.** Our mission cannot be achieved without long-term change. HumanKind will be forever committed to providing basic needs to homeless individuals and their families, but we must also look at the bigger picture. We must address the issues which have led our clients to the streets, such as poor mental health, substance abuse, a lack of affordable housing and an unlivable minimum wage. Read more about these issues and ways you can advocate for change at [HumanKindWichita.org/Advocate](https://HumanKindWichita.org/Advocate).

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## What Now?

Resource

*Keep the Momentum!*

*You've put a lot of time into educating yourself about homelessness. We hope it feels good. Here are some ways you can keep up the momentum.*

**Tomorrow morning.** Reflect on the activities you took part in tonight. Have you ever given any thought to life on the minimum wage? How have your interpretations of the words in There's No Place Like "Home" changed? Share your thoughts social media @HumanKindWichita and use the tag #SleepOutICT to keep the conversation going.

**In the next two weeks.**

- Round up your donors! We will be accepting Sleep Out donations for a little while longer
- If Sleep Out has inspired you, let us know! Reach out with any questions on (316) 264-9303 or on social media
- Use the reading list in this toolkit to expand your library
- Read some blogs; you can start with ours at [HumanKindWichita.org/Blog](https://HumanKindWichita.org/Blog)

**In the next month.**

Look for volunteer opportunities in the community. In addition to [HumanKindWichita.org/Volunteer](https://HumanKindWichita.org/Volunteer), some other great places to start are:

- [VolunteerMatch.org](https://VolunteerMatch.org)
- [VolunteerKansas.org](https://VolunteerKansas.org)
- [United Way of The Plains](https://UnitedWayofThePlains.org)
- [SedgwickCounty.org](https://SedgwickCounty.org)

**Throughout 2021.**

Commit to regular conversations within your family about social justice. Encourage your children to ask questions and research the answers together.

**Always.**

- Check your privilege
- Lead with empathy
- Choose kindness

# THANK YOU