



Project Sunshine is a global network of volunteers that provide play and activities to help children cope while facing medical challenges. www.projectsunshine.org

project sunshine

Support pediatric patients, virtually!

Hospitalized children are more isolated than ever before.

The COVID-19 pandemic has required hospitals to introduce new restrictions on visitors, and close their playrooms and recreation areas. It's frightening enough to face long-term health challenges, undergo treatments for serious medical conditions, manage injuries and disabilities, and await and recover from surgical procedures. With the threat of overburdened, and under-equipped hospitals devoting their limited resources to the COVID-19 response, children grappling with illnesses are in very real danger of receiving reduced attention and stress-reducing play opportunities. As COVID-19 crises continues, **there are hundreds of thousands of hospitalized children in the United States who are facing more isolation and emotional distress than ever before.**

Here's where you come in.

Give a child in a hospital a reason to laugh and a feeling of connection to the outside world. Dust off your favorite child-friendly joke to share with patients in our hospital partners across the country and let them know they have a friend who is thinking about them. To join our chorus of laughs, follow these simple steps:

1. Create a video

- Record yourself on your cell phone or computer. If using a cell phone, position the camera horizontally.
- Start the video by introducing yourself and send a kind word of encouragement like; "I'm thinking about you", "you're a rock star", "my smile is extra big for you today".
- Next, tell your favorite, child friendly joke and share why you love that joke, where you originally heard it or why it makes you laugh.
- End your video by saying "Sending you Sunshine!"

Do - Make your video joyful, lighthearted, silly and 100% appropriate for children of all ages.

Please don't - make any religious comments, talk about personal experiences or medical challenges (as volunteers, we can't assume to know what the patient is going through) or say "feel better" or "get well soon" - this video should be an opportunity for the patient to have a moment away from their illness.

2. Share your video

- Post your video on your social media channels, tag Project Sunshine and use the hashtag #PSJoy



@projectsunshine



@projectsunshineusa



@projectsunshine

3. Inspire others

- When posting your video, add a caption sharing how other's can get involved. Here's an example - "I'm bringing joy to a pediatric patient with @ProjectSunshine! Check out their page to spread sunshine with me #PSJoy"
- Share a link to donate to support pediatric patients during COVID-19: projectsunshine.org/coviddonate

Questions? email info@projectsunshine.org

Thank you for spreading joy to patients who need it most