

Spark the Spirit - OF GIVING -

HUGS

FOR OUR GRANDFRIENDS

INSTRUCTIONS

1. Trace two handprints onto cardstock.
2. Cut around the handprints.
3. Cut a length of ribbon and attach one end to each handprint to make your hug.

TALKING POINTS: HOW HUGS MAKE US FEEL

Talk about how hugs make us feel. When we get a hug, it can help us to feel better, relax, or calm our worries. It can also make us feel loved and cared for.

- Do you like getting hugs? Why?
- If you could send a hug through the mail, who would you send one to?
- How do you think the person will feel when they get your hug in the mail?



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