

SEND A HUG IN THE POST!

INSTRUCTIONS

1. Draw around your hands on a piece of paper using a pencil. You might need somebody else to help you draw around your writing hand.
2. Carefully cut out the hands. Decorate your cut-out hands with lovely thoughts and pictures for your friend or family member.
3. Using sticky tape, join the two hands together with a piece of ribbon or string long enough to reach around a tummy for a hug!
4. Put the hug in an envelope, write the address on the front and send it to your loved one in the post!

