

## #4: A Long Distance Hug



This is a great way to encourage thoughts of kindness toward friends and family far away, or even someone in the same city who might need a hug.

**What you need:** construction paper; crayons or markers; yarn or string; glue; scissors. Envelopes and stamps.

**What to do:**

- Have the children trace their hands and cut out the shapes.
- Cut a length of string or yarn and glue one end to each hand cut-out.
- Write a message on each hand, or decorate the hands. Add a small card telling the recipient that they are receiving a long distance hug.
- Mail the hug.