

Many Ways to Share a Hug



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Hugs work to help people feel close. Did you know that love pops up inside us when we share a hug with people we feel close to; love can't help it, it enjoys the connection and the snuggling in. Hugs adore it when love appears. They think that working closely with love is the best job in the world.

Sometimes things get in the way of hugs, like the **coronavirus**.

Thankfully some hugs are still going strong even with the virus around; like the ones people are sharing at home. However, other ones, like with friends, or nannas and pas, or other family, have had to take a break.



Hugs are not happy about this. They realise that their work is very needed at the moment. They have had a meeting and have all agreed that they are going to work harder and in more ways than usual for a while, just until things get back to normal.

“This is an official announcement from the Hugs, for the next little while there are extra ways that people can share hugs.”



Here are some official ways to share hugs right now:

- * By **staying at home**
- * By **sharing kind words**
- * By **doing thoughtful things** for others
- * By **keeping others in mind**
- * By **caring for animals and nature**
- * By **connecting with kindness with others online**
- * By **sharing a joke** or something funny
- * By **helping someone**
- * By sharing something **we create**

Can you think of some of the ways you and your family are sharing any of these different kinds of hugs at the moment?

Have you noticed that others are sharing some of these different kinds of **hugs** with us right now?
For example:

- * **Nurses** and **doctors** and **pharmacists** are helping people who are sick with the coronavirus get better
- * **Scientists** are working out how to help us get over the coronavirus
- * Our **leaders** are trying to help us know what to do to keep coronavirus away
- * People on the **radio, T.V. and online** are keeping us entertained and informed
- * **Workers at the supermarket** are selling us our food and drink
- * **Cleaners** are wiping away the coronavirus
- * **Police** are helping people do the right thing
- * **Farmers** are growing the food we eat
- * **Bakers** are baking our bread
- * **Workers** are delivering things we need
- * **Workers** are keeping our electricity, gas, and water going
- * **Tech people** are keeping our internet working
- * **Counselors** are helping children and families



Hugs are looking forward to getting back to more of their usual work.
Who knows they might decide to return to their original job,
but also keep these extra ways of hugging as well? What do you think?

Would you like to make your own hug?

Ask your Mum or Dad or carer if they can help you gather some craft supplies to make your own hug.

Ideas for facial feature

Googly Eyes
Textas
Felt

Ideas for a Body

Cotton wool
Cotton balls

Ideas for Arms and Legs

Craft match sticks
Sticks or twigs
Wool
Pipe cleaners

You will need some PVA glue to stick things on.
After you have made your hug or hugs,
let the glue dry.

Draw your own Hug

How might you draw your own Hug?
If your Hug could talk what might it say?

Things you could do with your Hugs

Do you know anyone that could do with a hug right now?

You might like to take a photo of your hug and send it to someone you would like to share a hug with.
With your mum or dad or carers help, you might like to post a picture of your hug on the internet.

