

## Send A Hug

Are you missing a loved one or friend that you have not been able to see due to COVID-19? Why not consider mailing them a hug? You could also take a photo and text or email it as well.

Open link to see how to create a virtual hug to send in the mail:

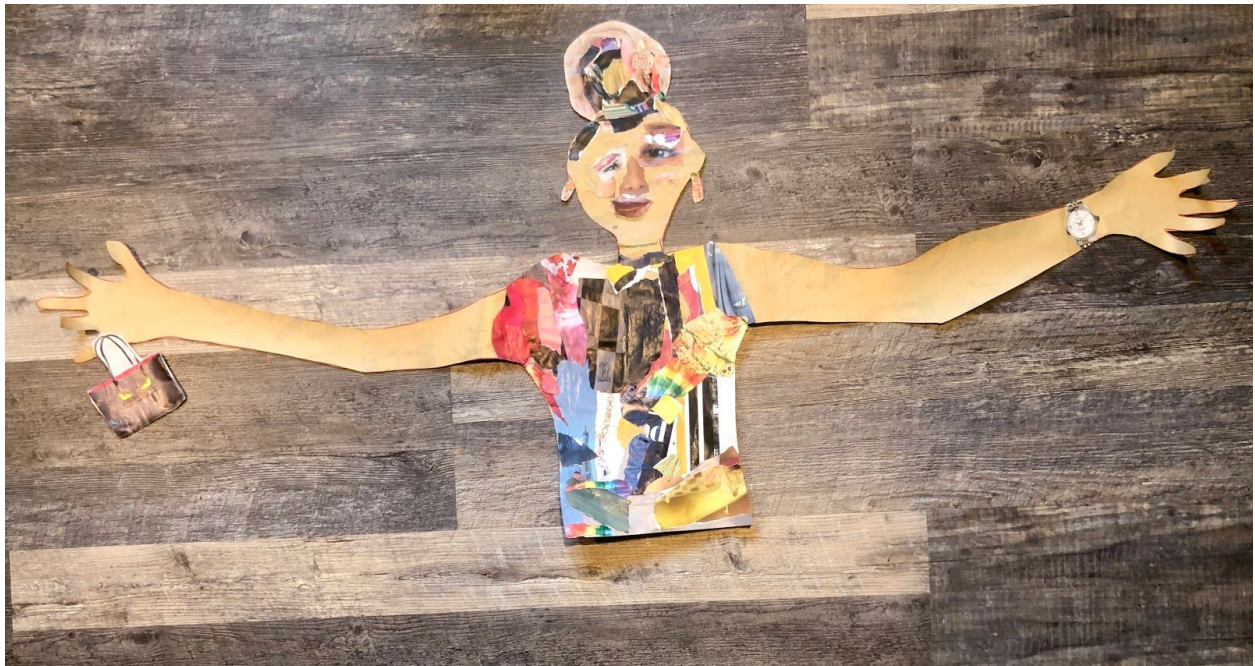
<https://www.theleangreenbean.com/mail-a-hug/>

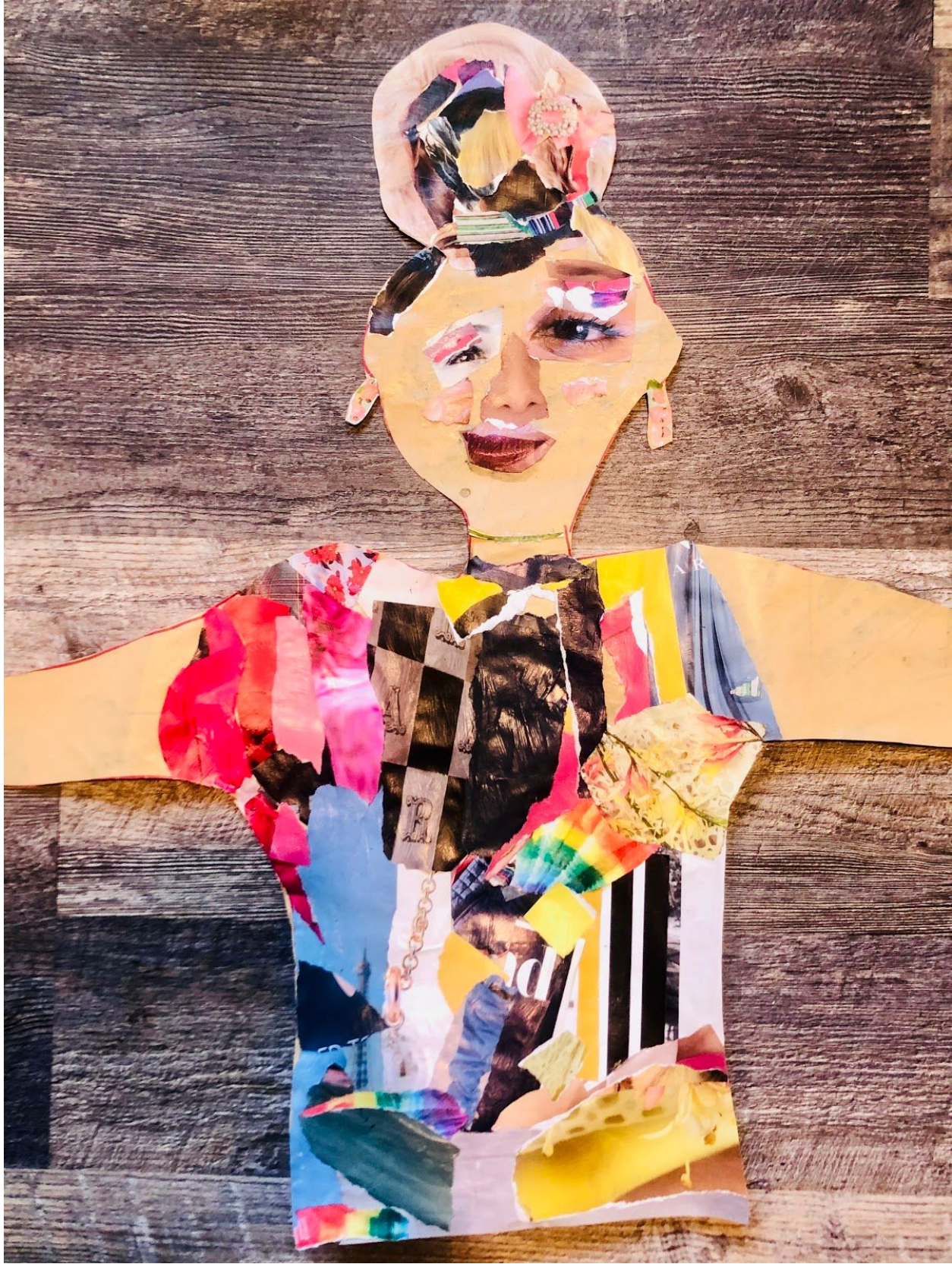
Materials Needed:

- ❑ A large piece of paper; consider using wrapping paper and use the back side to trace your body and arms.
- ❑ Markers, paint, or any other art materials that you wish to use. You could also cut out eyes, a nose, and a mouth from magazines to make the face or use a photo of your own.

If you make a virtual hug to send be sure to get a photo before you send it in the mail.

Examples:













Send your photo to Dr. Johnson or Mrs. Ford.

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