

POST A HUG



GET INVOLVED



30 MINUTES



IN THE CUPBOARD

▶▶ GETTING INTO THE ACTIVITY

Lots of us are missing our families and not being able to give them a hug. Solve that problem by creating a hug and posting it to a family member like grandparents or an aunt / uncle.

To create your hug, you'll need a very long piece of paper. You could use a spare roll of wallpaper, wrapping paper etc. Alternatively stick together sheets of A4 paper with tape to make one long piece of paper.

Lay on top of the paper with your arms out wide, like you're just about to give a big hug. Ask a grown-up to draw around your outline. You'll need to get at least your head and both arms on the paper. Now decorate your hug by colouring it in. You could also write nice messages onto the hug too.

Once complete, fold it up, write a note to go with it and place it in a large envelope. Now it's ready to send to a family member in the post.



WHAT YOU'LL NEED

- Paper
- Sellotape
- Colouring Pens / Paint
- Envelope & Stamp



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture of your completed hug with your BB group or post on social media using #BBatHOME.