



Follow the instructions below to create your own Send a Hug!

Why not show someone far away that you care by making your very own Send a Hug? Once made, you can then post it to another family member that you can't currently see.



## You will need...

Paper  
Colouring pens  
Scissors  
Sellotape

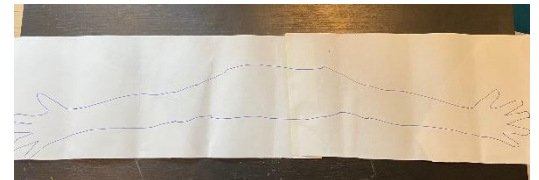
## Step One

Lay a long piece of paper out on the floor (it needs to be wider than the length of your outstretched arms). If you need to, Sellotape smaller pieces of paper together.



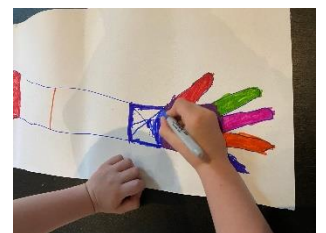
## Step Two

Lie down over the paper with your arms outstretched. Ask a friend or grown up to draw around your hands and arms.



## Step Three

Colour in with patterns and colours.



## Step Four

Cut out along the lines.



## Step Five

Fold it up, and then send your hug to someone you love!

