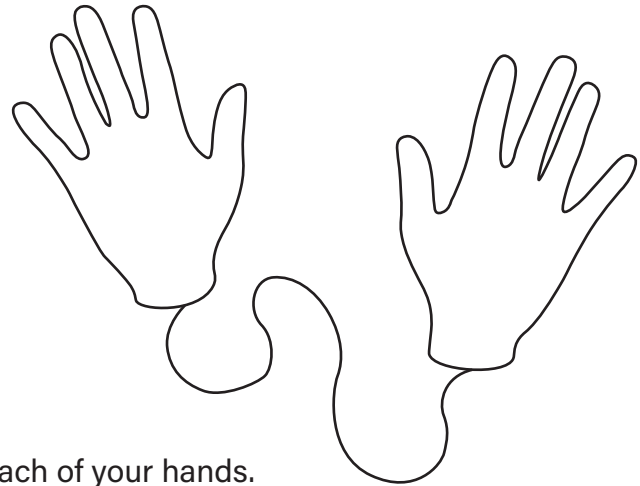# Send A Hug

This 'handmade hug' is a perfect gift for a friend or family member you love and care about. You can send it through the post! Who would you like to send a hug to?

You will need:

Thin card (coloured or plain)
Coloured pencil or pens
Scissors
String
Stapler, Sellotape or PVA glue
Envelope and postage

Step 1:

Take your piece of card and draw around each of your hands.

Step 2:

Decorate each hand using coloured pens and pencils. If you like, you can write some words such as 'A hug from me to you.'

Step 3:

Carefully cut around each outline.

Step 4:

Now you need to cut a piece of string that is about the length of your arm span. (Your arm span is the length from the tips of your fingers on one hand to the tips of your fingers on the other hand when you stretch your arms out on each side.) You might need to somebody to help you with this bit.

Step 5:

Attach a hand to each end of the string with a staple, tape or glue.

Step 6:

Your hug is complete! Place it in an envelope and ask an adult to help you stamp and address it then it's ready to go in the post.