

Mail-A-Hug Activity!!

Have a family member you miss? A friend you haven't seen lately? A neighbor you want to surprise? Grab their address and try this activity!

What you'll need:

- Large piece of paper or multiple pieces of paper taped together
- Black pen or marker
- Paints, markers, crayons, or your favorite coloring tools!
- An envelope or two
- Stamps
- The address of someone you love

What to do:

1. Lay out your paper in a straight, flat line on a hard surface or the floor
 - a. You will be tracing so if you are worried about the paper moving, secure it to your surface
2. Have your child lay down with their arms stretched out across the paper and their hands open flat
3. Trace your child's wingspan onto the paper with your black pen or marker
4. Color in the traced drawing with whatever coloring tool you chose
 - a. You can make the drawing realistic or you can color it in however you'd like!
5. Cut out the finished picture and now you've got a mailable hug!
6. Address your envelope and place the hug in it – its time to send your hug!
 - a. Add a card or note with a special message!

Rhyme you could send with the hug!:

*"I miss you when you're far away.
I'd love to see you every day.
But since I can't come over to play,
I'm mailing you a hug today.*

*So although it might be quite a sight,
wrap my arms around you tight.
Repeat daily to keep your smile bright,
until we get to reunite!"*