

# Toward a Better World: Send a Hug Around the World

## Learning Value:

This activity promotes development and learning by encouraging children to develop positive relationships with adults and children and develop increasing care for self, others, and environment.

## Materials Needed:

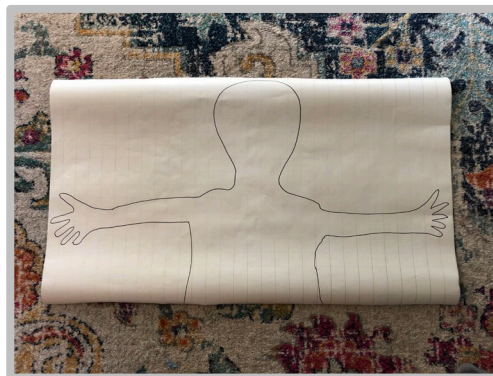
- ▶ Large sheet of paper (the blank side of wrapping paper or a roll of kitchen parchment paper works well)
- ▶ Drawing utensils (crayons, markers, etc.)
- ▶ Large envelope and postage

## Participants:

This activity is intended for adult/child interaction.

## Directions:

**Step 1:** Spread the paper on the floor and ask your child to lay down on top—face up, with their arms spread out flat along the paper. Make sure their head and arms are on the paper.



Bright Horizons.

**World** at Home

**Step 2:** Trace their outline on the paper with a crayon or marker.

**Step 3:** Explain that you traced a “hug” that they can send to a loved one that is far away or someone they can’t visit right now. Ask your child who they would like to send their “hug” to.

**Step 4:** Give them time to color their hug. They can decorate with drawings of their choice or add their features to make it look like a self-portrait.



**Step 5:** When their “hug” is completed, cut out the silhouette (with your child’s help, depending on their age) then fold it so that it fits inside the envelope. Add a note explaining to the recipient that you are sending a hug and lots of love. Address the envelope with your child, add postage, and send through the mail!

