

Send a Long-Distance Hug

In this time of social distancing, children are really missing the time they'd normally be spending with friends and family who live outside their house. This simple craft enables your little ones to mail their love with a GREAT BIG HUG to grandparents, friends and other loved ones. An accompanying poem or message from your kiddos will bring a happy smile to the recipient! Below are two different versions of this project.

HUG VERSION 1

MATERIALS:

A Roll of Butcher Paper
Scissors
Colored Markers, Crayons or Paint
Paper to Write or Print Poem
Envelope
Stamp



DIRECTIONS:

Spread out a long sheet of butcher paper onto the floor.

Have your child lay down their torso, head, and outstretched arms onto the butcher paper.

Use a marker to trace the child's head, arms, and upper torso onto the butcher paper.

Have your child decorate and fill in the outline with an image of themselves, using markers, crayons, or paint then cut out the shape.

Print or write out the poem below to accompany the hug (or create your own!).

Fold it all up, put in an envelope and mail!

HUG VERSION 2

MATERIALS:

Construction Paper or Cardstock
Scissors
Tape Measure or Yardstick
Yarn, String, Or Twine
Tape
Crayons, Markers, Pens or Pencils
Paper to Write or Print Poem
Envelope
Stamp



DIRECTIONS:

Trace your child's hands onto a piece of construction paper or cardstock and cut out.

Cut a piece of yarn, string or twine the length of your child's outstretched arms, from hand to hand.

Have your child decorate or write a message on their cut-out hands.

Tape the ends of the yarn, string or twine onto each hand.

Print or write out the poem below to accompany the hug (or create your own!).

Fold it all up, put in an envelope and mail!

Send a Long-Distance Hug Poem

**“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!”**

