



SEGMENT INSTRUCTIONS

Mail a Hug

What you need:

- Decorations: paint, markers, crayons, etc.
- Butcher's paper (or tape together normal paper)
- Any decorations you like.

Instructions:

1. Spread out a long sheet of butcher's paper.
2. Trace your (or your younger sibling's!) head, arms, and upper torso onto the paper.
3. You can either cut it out now, or decorate it first and then cut. You could use paint, markers, crayons... whatever you like!
4. Print or write out a message to accompany the "hug". Maybe you could tell the person you're sending it to what you like most about them?
5. Fold it all up, put in an envelope, and post it to someone who needs a hug!

