

caring hearts

Age group: 2+



Postable Hugs — share the love

During this time of isolation, one of the things we all miss most is being around our loved ones, be it family or friends. While we can't do much to fix that, we can work on something fun to share our love with those that may be needing it the most.

Learning benefit/skill development

- Emotional intelligence: developing an understanding of how others may be feeling and, in turn, demonstrating empathy.
- Creativity: expressing themselves creatively exploring colours, lines, shapes and self-expression whilst building one's own identity.
- Mathematical understanding of shape and size by tracing their bodies.
- Early Literacy Development: understanding symbols, words and drawings can convey messages.

Instructions

1. Find paper big enough to trace your child with their arms out for a hug.
2. Trace your child
3. Colour in
4. Cut out the hug
5. Post it to someone who needs a hug

