



HEALTH AND HAPPINESS

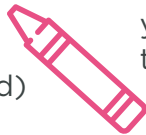
Send a Hug



We are all connected to each other in many ways. At this strange time, we have to find different ways to let people know we still care. This activity helps build your child's understanding of other ways to express affection and kindness to those around us.

WHAT YOU NEED:

- Paper – or a few sheets stuck together, enough to fit your child's head, shoulders and arms
- Paint or crayons/pencils
- Envelope
- Postage Stamp (if needed)
- Add a note saying "This hug is from....."



WHAT YOU COULD DO:

Discuss with your child what this activity is about. Your child will lay on the paper, and you will trace around their head, shoulders and arms. Decorate the picture with pencils, textas or paint.

Talk about why you are making this picture - "you can't see your grandmother or friend at the moment, and we want them to know how much you are thinking of them."

WHAT LEARNING IS HAPPENING?

- Language development through the use of new words.
- Strengthening of muscles in the hands, arms and shoulders that are needed for later writing.
- Connecting to others through a shared experience.
- Learning about community workers – if posting your hug.
- Understanding of feelings, emotions and the developing of empathy.

WORDS OR PHRASES TO USE:

- Wow, this hug looks amazing. How does it make you feel when you look at it?"
- How do you think the person will feel when they receive it?"
- When do you feel sad/lonely/afraid etc?
- What helps you feel better when you are sad/lonely/scared etc?
- How do you think you would feel if you were all alone?
- If you could visit.... what would you say to them?
- When I feel.... I like to....
- It makes me feel better when...
- When I am lonely/sad/afraid this is what I notice.... (my heart beats faster, I start to cry, my tummy hurts etc.)
- When I feel happy/surprised, this is what I notice... (I start to smile, I feel warm inside etc.)

WHERE TO NEXT?

- Phone or FaceTime the person you sent the hug to and talk to them about your picture. Encourage your child to tell the person about what they have been doing and listen to what the other person has been doing.
- Make a hug for someone in your street, living on their own. (Use some of the phrases suggested above).
- Ask children for ideas on how else you could help someone when they are feeling sad/lonely etc.
- Read stories about feelings and empathy.

