

# Post a hug

You can help make someone happy without actually seeing them by sending them a hug in the post. It's a fun and easy way to brighten someone's day.

"Since I can't come round to play, I'm posting you a hug today"

## Step 1



Start by drawing a person or an animal with outstretched arms - you could draw around a toy

## Step 2



Colour it in and add your message

## Step 3



Cut it out and gently fold the arms in, before popping it into a stamped envelope and posting