



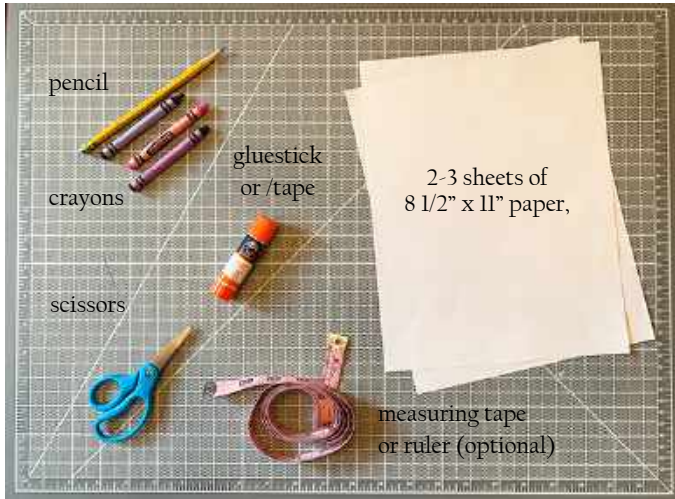
Send a HUG



If you can't give someone you love a hug right now,
learn how to make a hug you can...send!

FOR EXPRESS 1 PAGE PRINTABLE INSTRUCTIONS: Scroll to last page

Supplies:



1. Trace your hands on a sheet of paper. Cut hands out. You can use cardstock for better durability.

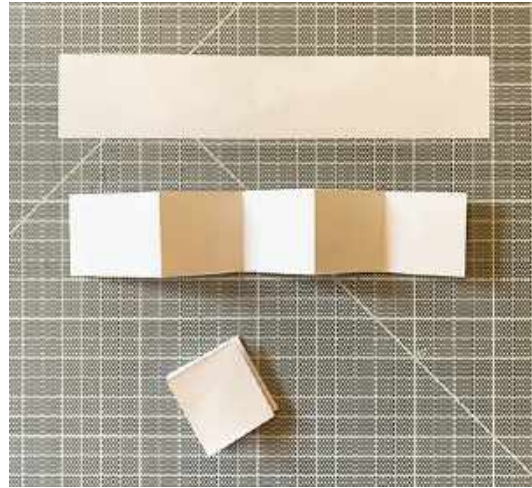
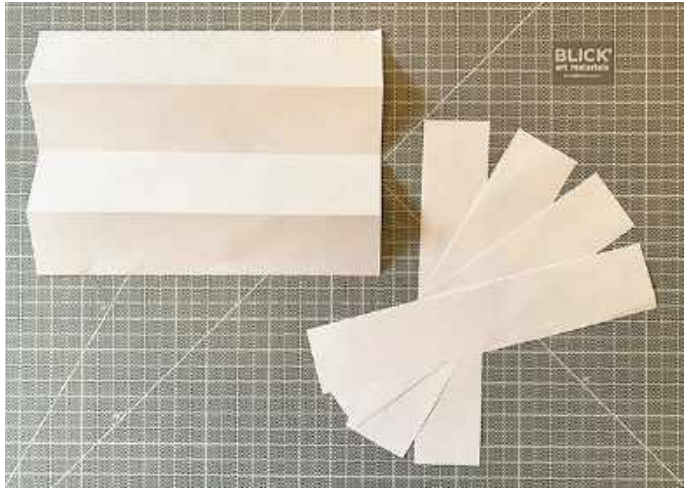


2. Measure the length of your hug! You can use a measuring tape/ruler or estimate the length with the width of your paper.



3.

Fold your 8 1/2" x 11" paper into multiple strips. Cut the strips needed based on your hug length (4 landscape strips = 44" chain). Fold the strips into squares.



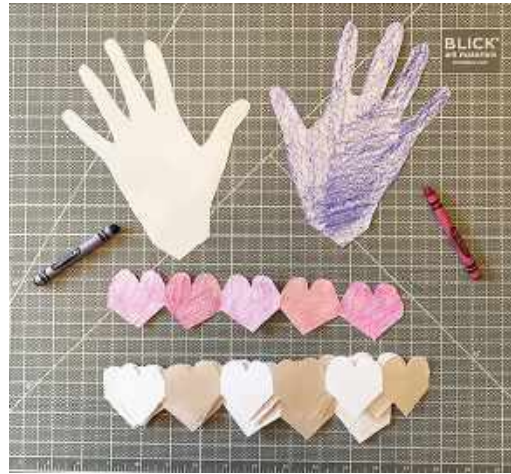
4.

Cut a heart shape from the top and bottom of your squares. DO NOT CUT THE SIDES. You will need them to keep your chain of hearts connected!





5. Color your hearts and hands.



6. Connect your hearts with tape or glue. Glue one heart on top of the other for a secure connection. Be sure the length of your heart chain is made up of an even number of hearts. If you have an odd number of hearts, trim the heart off and use it to decorate the front or back of the card.



7. Glue or tape each end of the chain to the palm of your hand cutout.

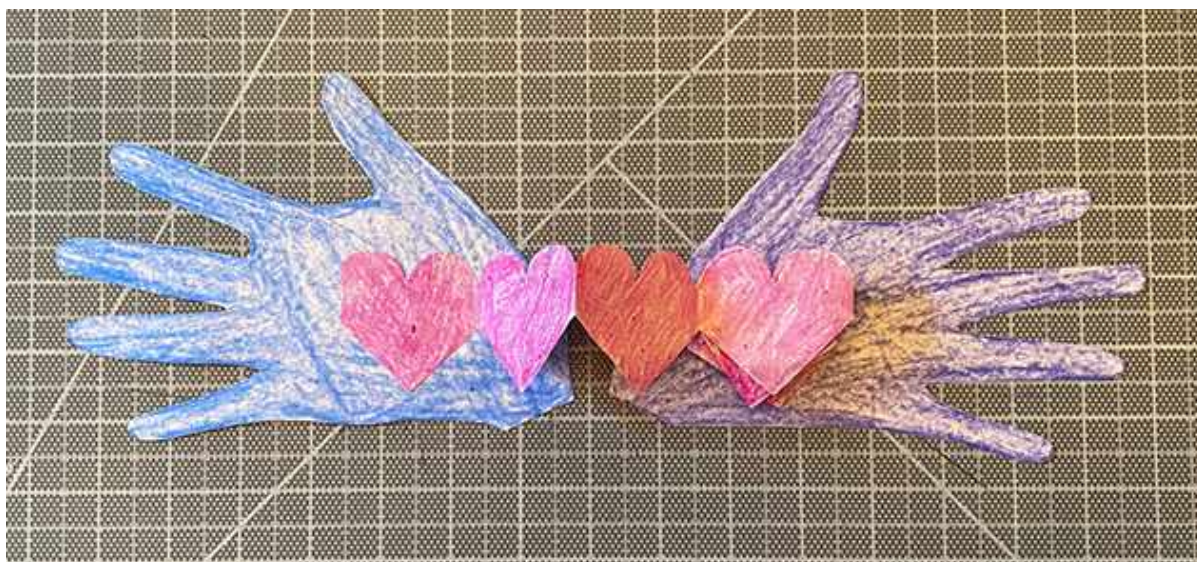




8. Add a message to your hug.



9. Fold your hearts so they tuck neatly inside each hand. Your hug will look like a card. One hand cutout will be the front cover, the other will be the bottom.



10. Address your card on the front hand cutout (don't forget to include your name too!). Find the perfect envelope for your card and send your hug!





Send a HUG



If you can't give someone you love a hug right now,
learn how to make a hug you can...send!

Supplies:

Pencil, crayons, 2-3 sheets of 8 1/2" x 11" paper, gluestick/tape, scissors, measuring tape/ruler (optional)

Steps:

1. Trace your hands on a sheet of paper. Cut hands out.
2. Measure the length of your hug! You can use a measuring tape or estimate the length with the width of your paper.
3. Fold your 8 1/2" x 11" paper into multiple strips. Cut the strips needed based on your hug length (4 landscape strips = 44" chain). Fold the strips into squares.
4. Cut a heart shape from the top and bottom of your squares. DO NOT CUT THE SIDES. You will need them to keep your chain of hearts connected!
5. Color your hearts and hands.
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7. Glue or tape each end of the chain to the palm of your hand cutout.
8. Add a message to your hug.
9. Fold your hearts so they tuck neatly inside each hand. Your hug will look like a card. One hand cutout will be the front cover, the other will be the bottom.
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