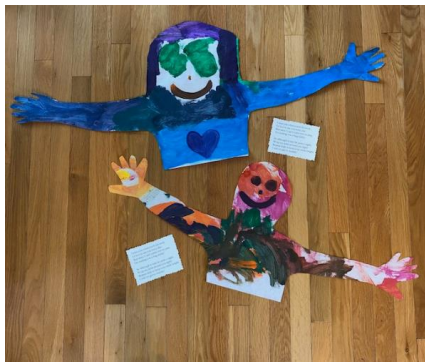


Art Attack



TIPS

You could put a poem in your note?

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Why not add some glitter too?



ACTIVITY NAME: Post a hug

YOU WILL NEED:

Paper – left over wallpaper works well

Paint/ coloured pens/ crayons

An envelope

A stamp

HOW TO -

1. Think about someone who might want a hug from you
2. Write a little note on a small piece of paper to go inside with your hug.
3. Get your big piece of paper and lay it out on floor. Lying flat on the paper, stretch your arms out and get someone to draw all around you with a pen or pencil.
5. Now you have your outline decorate your 'hug' with paint, crayons or felt pens.
6. Once your work is finished and dry, fold in the arms and then fold it up so it is small enough to fit into your envelope with your note.
7. Take a walk to the post box on your daily exercise and send it off to make somebody smile!
8. Send us a picture of your hug by whatsapp to Kim on 07808733682 and we will try and include as many as we can in our next newsletter.



Art Attack

