

Occupational Therapy

Mail A Hug

1. Spread out a long sheet of paper (or tape multiple 8x11 pieces of paper together)
2. Trace the child's head, arms, and upper torso onto the paper
3. Decorate the outline using paint, markers, crayons, or whatever you have around the house
4. Cut out the outline
5. Fold it up, put in an envelope, and mail
6. *Optional—write a message to go along with the hug!

