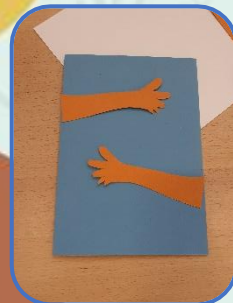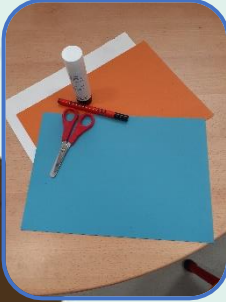# Send a hug card to a friend.

Items you will need:

- A piece of card
- Scissors
- A pen

1. Draw two hand shapes and cut around them.

2. Fold a piece of card in half and stick the two hands to the card

3. Write sending hugs on the front card and inside write a message to the person you are sending the card to.

Top tip: This is a nice idea to give to a neighbour or family member who are feeling lonely at the moment.