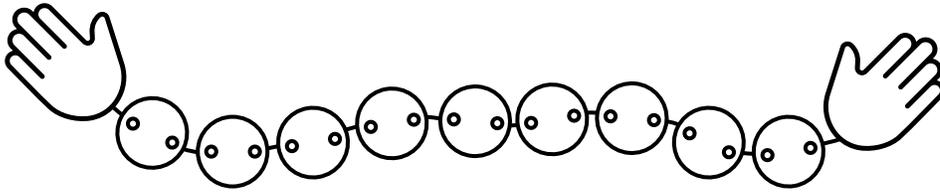
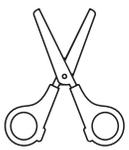


## MAIL A HUG TO YOUR SPONSORED CHILD!

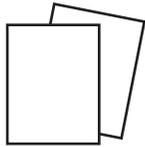


Send your sponsored child a "hug" to let them know you care! Complete this fun craft and include with your next letter to span the distance and reach your sponsored child's heart with love and compassion.

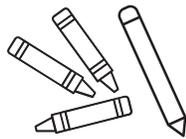
### Materials needed:



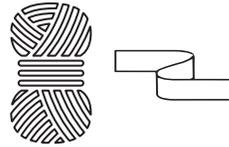
Scissors



Construction paper



Crayons or colored pencils



Yarn or ribbon



Glue



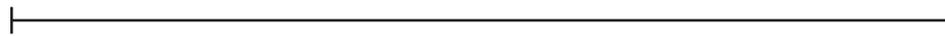
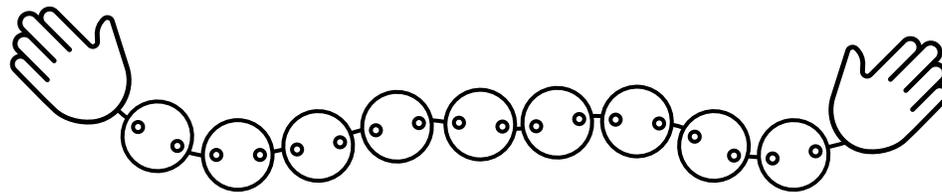
Hole punch (optional)

### Instructions:

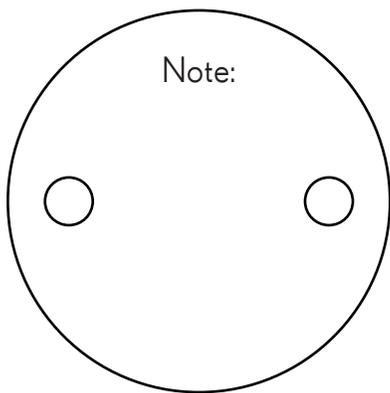
- 1. Gather your supplies.**
- 2. Measure the string:** Use the yarn or ribbon to measure out a piece long enough for a hug. You can do this by holding the yarn up and stretching it across the length of your arms and then cutting it when it is at the proper length. Feel free to use your children's wingspan, too, so the hug is kid-sized!
- 3. Cut out your circles:** Cut out enough 2-inch circles to match the length of your piece of yarn. Next, punch two holes opposite each other on each circle. If you don't have a hole punch, gently fold the paper and use your scissors to cut a small slit on each side instead.
- 4. Trace your hands:** Trace two hands onto the construction paper by using your hands as stencils. Cut these out with the scissors. You can make this step more personal by using washable paint to paint your hands and then stamp them onto the construction paper hands.
- 5. Assemble your hug:** Thread the string through the holes in each of your circles to each other, making a chain. At each end of the chain, glue the hands to complete the hug. Make sure you leave time for your creation to dry before picking it up and admiring your hug!
- 6. Personalize it:** Get creative and write a small note on your hug. For example, you could write, "Sending hugs and love" or "Here's a hug for you!" Our staff will translate these messages on the back side of the circles you write messages on.
- 7. Now you're ready to mail your hug!** Carefully fold your hands and circles on top of one another and place in an envelope. Mail to:  
Food for the Hungry  
Attn: Child Sponsorship Department  
1224 E. Washington St.  
Phoenix, AZ 85034  
Please include your sponsored child's name and ID# on the front of the envelope under your return address.

***"Love one another; as I have loved you," —John 15:12***

# MAIL A HUG - TEMPLATE



Children's wingspan, so the hug is kid-sized!

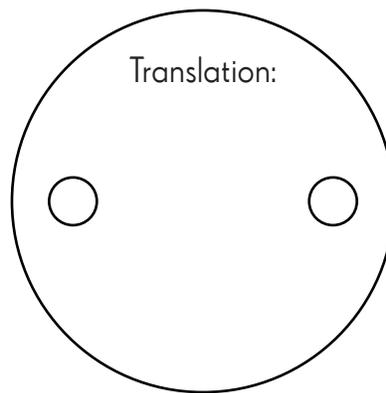


Note:

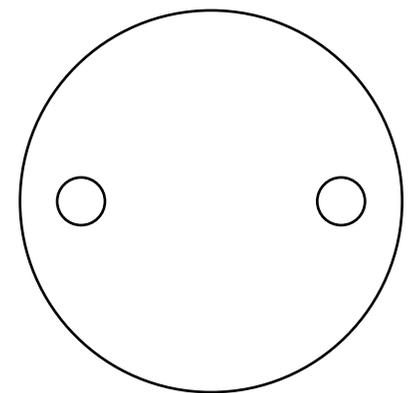
2 Inches



2 Inches



Translation:



Decorate!

Personalize it: Get creative and write a small note on your hug. For example, you could write, "Sending hugs and love" or "Here's a hug for you!" Our staff will translate these messages on the back side of the circles you write messages on.