

Hugs on a String

Activity: This activity is meant to help youth talk about how they feel supported and who supports them. If a child has the ability to share feelings and experiences with another person, it can create safety in relationships. Each family member can create hugging hands and give them to someone to show their support and/or love. It can be a powerful connecting item when the child or teen is away from their support person.



Materials:

- Paper, Colored Construction Paper or Card Stock
- Scissors
- String or Twine
- Markers, crayons, or color pencils
- *Optional: A hole punch or stapler can work to connect string. Also, you may want to laminate your hands to make them last longer.*

Description:

- Each family member will trace the outline of both hands.
- Cut out each hand with scissors.
- Talk as a family about who supports them. Have the child identify someone he or she would like to give their hugging hands to. Have them write a message to the person on their hands.
- Make a string that is the exact distance from hand to hand to create the width of a hug. Each person will take turns making a string. Stand with arms stretched out to the side. Have another person measure the string from the right wrist to the left wrist. Include an extra 2-3 inches of string for tying the hands together.
- Staple or hole punch and tie the string to your hands to make your Hugging Hands.
- Questions to ask during your activity:
 - Who supports you when you think about your person who died?
 - I wonder what makes _____ a safe person to talk to?
 - When are times you would want a hug or support from _____?
- Adults are encouraged make one set of hands for each child.