



Activity 109

Spiritual Development:

Send a Healing Hug To extend compassion to others.

You will need – Template of a hand, ribbon, felt tips, sending you a healing hug card, laminating ouches and laminator.

Activity – First of all cut out and decorate 2 hands. Laminate the hands and attach a length of ribbon to each one. Attach enough so that they are long enough to wrap around someone. Now take the sending a healing hug card and think carefully about the person you feel needs to receive a healing hug. Why do they need to receive a healing hug? What do you think they need? Love, strength, courage, hope or just to know someone is thinking about them? Write your thoughts on the sending you a healing hug card and attach the loose end of each ribbon to the card. Now send your healing hug to offer compassion to another.

