

## Hugs are great

Hugs are great! I might give hugs when I feel happy. I might give hugs when I feel sad. I might give hugs when I feel worried. I might give hugs to show someone that I care about them. At home, I might hug my family.



At the moment, there is a virus (called Coronavirus) that is making some people feel very poorly. This means, that right now hugging at school is not a good idea.

Soon I might return to school at Red Oaks. The adults at Red Oaks are all looking forward to seeing me.



Instead of hugging at school I might:

- Give an air hug
- Give an air high five
- Wave



- Give a thumbs up



- Give a big smile



- Hug a teddy



- Talk to someone about how I feel

Everyone at Red Oaks will use these ideas instead of hugging.

At home, hugs are still great!