

Fabric hug

A fabric hug looks like a scarf with an open hand at each end. Fabric hugs are one way for family members to give and feel each other's love even when they're not together. Your child can make one for others. You or their siblings, friends, or other family members, can make hugs for your child. These hugs can give them some extra comfort at times when they're staying in the hospital, having a procedure, or having a hard day.

Supplies

- Fabric (a sheet, piece of clothing, etc.) at least 10 inches wide and 3 – 5 feet long
- Permanent or fabric markers, or fabric paints
- Scissors
- *Optional:* Needle and thread, beads, sequins, ribbons, or other decorative materials



How to make it

Step 1: Prepare the fabric

- Lay a piece of fabric out on a flat surface.
- Cut the fabric to about the same length the person's arms would be when they are stretched wide. That way, when the fabric is wrapped around someone, it represents the person's hug, as closely as possible.

Step 2: Draw the outline

- Help the child (or adult) trace one of their hands on each end of the strip of fabric.

Step 3: Decorate

- Add feelings, wishes, and memories. Draw, paint or sew images, words, symbols, patterns or decorations on the hug.