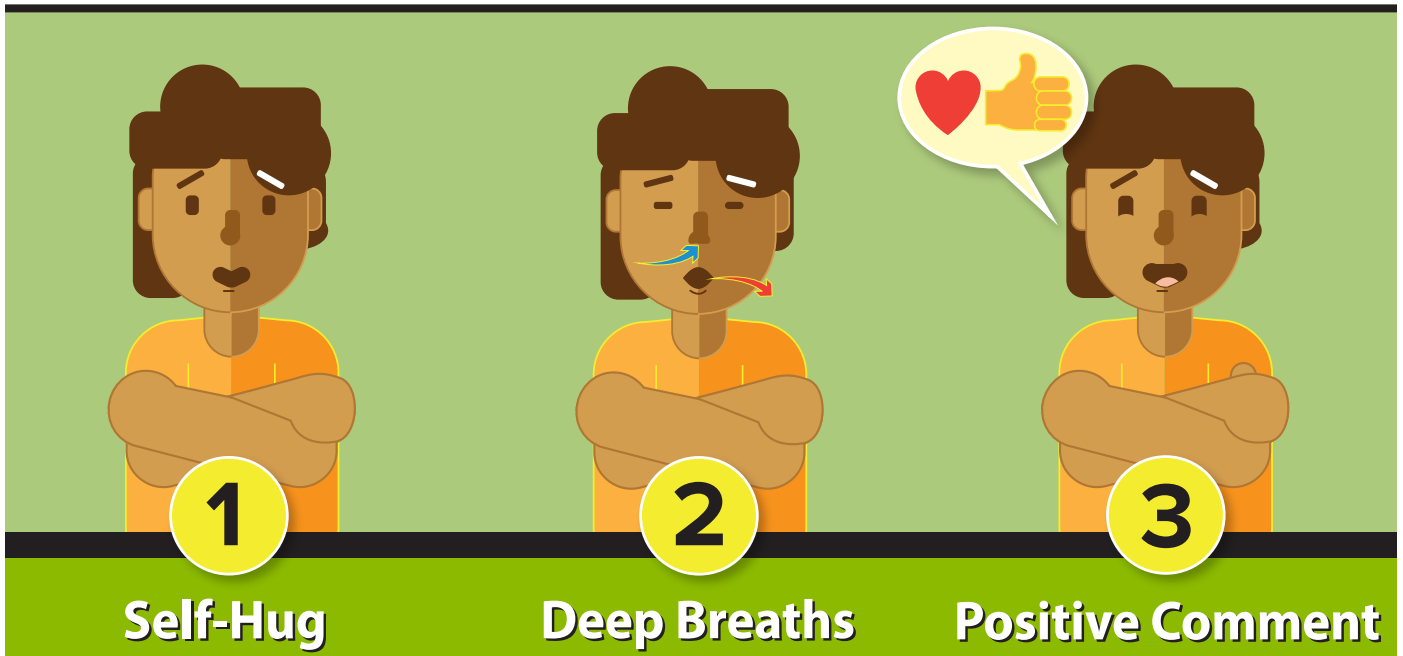


Virtual Hug



Maybe you never thought about it before – or took for granted how often someone put his/her arm around your shoulder – or held your hand. Maybe you can't even remember anymore what it's like to have someone wrap their arms around you and hug you – or show you love without even saying a word. Do you miss that? We need to feel close to others at least once and a while. Some of us need this more than others, but we all need it sometimes.

Introducing the KidsPeace Virtual Hug

- 1 Giving a "self-hug"** by crossing your arms and grasping your upper arms: "This gives each person the physical sensation of hugging someone, which is shown to have a positive impact on your body chemistry."
- 2 Taking a deep breath**, and slowly letting it out on the exhale, then repeat: "The calming effect of a hug comes mostly from a slowing of the heart rate, and the deep breath in and out achieves the same purpose."
- 3 Telling the individual something positive**, such as something about them that you like or admire: "Obviously there's so much negative and upsetting information surrounding us right now, so the positive statement about the other person adds a counter-balance to all that."

KidsPeace's "Virtual Hug" can be used by anyone who wants to show support for those they can't be with at this anxious time of isolation.