### **POCKET HUG**

A Pocket Hug is a special way to stay connected with someone you love, even when they're far away. It's like a little reminder of your love that they can carry with them wherever they go. Whether you make it before they leave or send it to them while they're gone, it's a fun way to let them know you're thinking of them.

We've included everything you need to make two Pocket Hugs: one for you to keep and one for your loved one to take on their adventure.

#### Supplies not included:

- Scissors
- School glue (similar to Elmer's and not a glue stick)

or

- Children's sewing kit (if you want to try stitching it)
- Fine tip Sharpie marker
- Scotch tape (single piece) or a safety pin
- A grown up to help you

#### Steps:

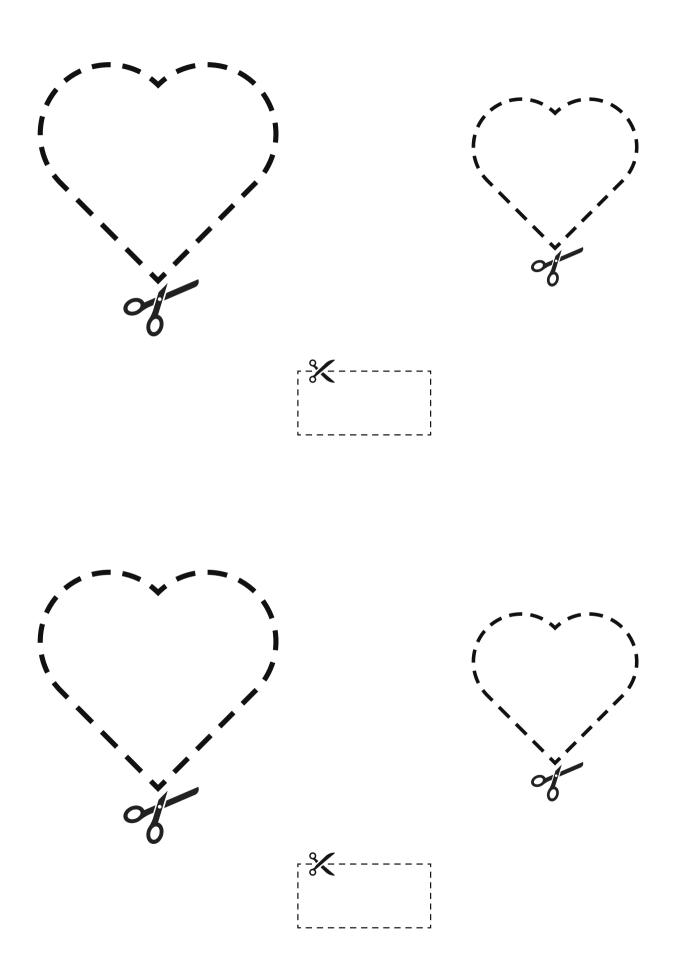
- 1. Cut out the 2 hearts and the rectangle shapes along the dotted line.
- 2. Trace the outlines of the larger heart and rectangle on one colored square of felt.
- 3. Trace the smaller heart on the second square of felt.
- 4. Cut out all three shapes.

5. Glue the smaller heart in the middle of the second heart. Then glue the rectangle in the center of the smaller heart.

- 6. Write the word HUG on the rectangle shape.
- 7. Cut out the poem along the solid line.
- 8. Glue or safety pin the heart below the poem.
- 9. Give to your deployed or deploying loved one

I'll hug you before you go far away.
I worry it won't last, as we count the days.
So. I crafted this special for when you're feeling low.
To remind you of me, just in case you didn't know:
No matter the distance or how long we're apart.
The best hugs come from our pockets... and the depths of our hearts.

Visit halifaxmfrc.ca 902-427-7788



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