

**pickle
in the middle**

The perfect hug for reluctant teens
who try to get away.

bear hug

Hug 'em till
it hurts.

**surprise
hug**

Don't let them see
it coming!

**A
HUG
A DAY
IDEAS**

**hurricane
hug**

Hug and spin!

**family
hug**

All together now...
Hug!

**make it
better hug**

A gentle hug when
they're hurting